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July 1987

For American Families

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PROJECTS
PAGE 63

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- LIGHT AND LUSCIOUS MAIN DISHES
- BARBECUE • FRESH-FRUIT DESSERTS
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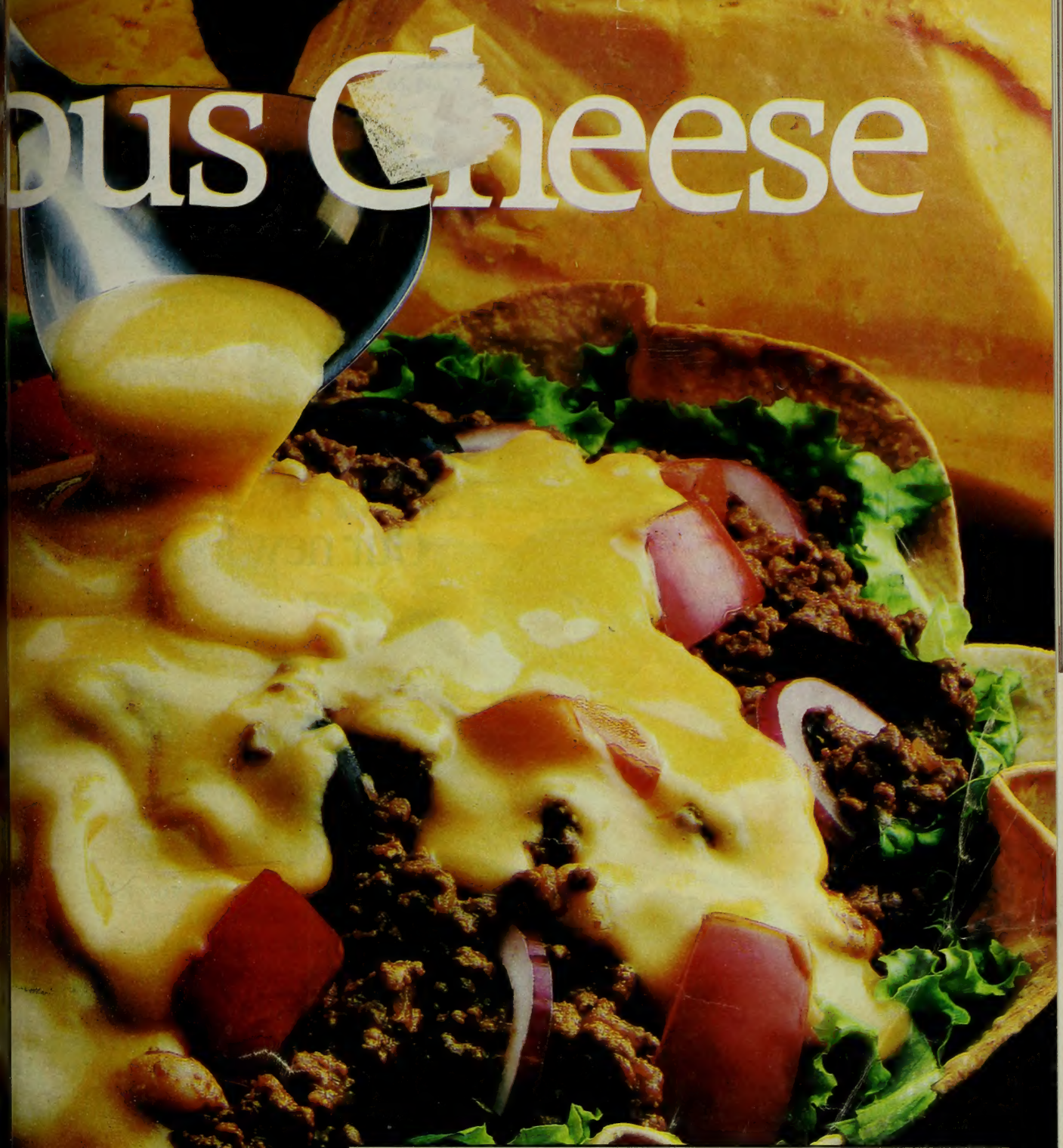
Baked over biscuits



Shredded on frozen pizza



Melted for dipping

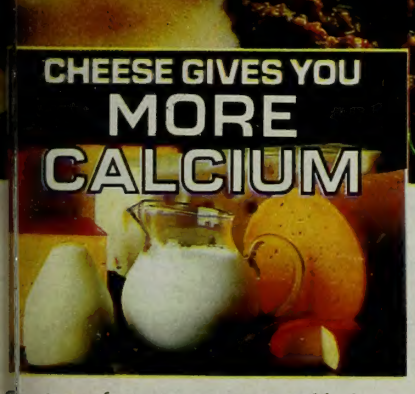


ous Cheese

Colby Fiesta Salad 6 servings

6 six-inch diameter flour tortillas
2 tablespoons melted butter
1 pound ground chuck
1 package (1¼ oz.) taco seasoning mix
¾ cup water
2 cups shredded iceberg lettuce
1 can (15½ oz.) garbanzo beans, rinsed and drained
1 large tomato, chopped
1 medium onion, sliced into rings
½ cup pitted sliced ripe olives
1 cup evaporated milk
2 cups (8 oz.) shredded Colby cheese
chopped jalapeno peppers, if desired

Brush tortillas lightly with butter. Place tortillas, overlapping slightly in a round pie plate. Bake in 350 degree oven for 10 minutes. Brown ground chuck in skillet until crumbly; drain off excess drippings. Add seasoning mix and water; simmer, uncovered, 10 minutes. Meanwhile, sprinkle lettuce over tortillas. Combine ground beef mixture, beans, tomatoes, onions and olives. Spoon over lettuce. Heat evaporated milk in medium-sized saucepan until bubbles form around edges. Reduce heat to low. Stir in cheese until melted. Add peppers, if desired. Pour over ground meat mixture. Carefully lift out tortillas and topping.



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JULY 1987; Vol. 65, No. 7

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES®



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1920s to 1980s



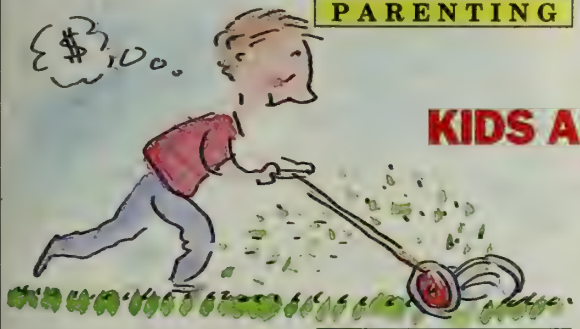
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(Advertisement)

"I was forced to sit alone while everyone laughed."

By Janet McBarron, M.D.

You and I will probably never meet face to face. But perhaps we share a common problem.

A few years ago I was a first-year medical student in Pennsylvania. Early in September, several of us went down to the Brandywine River near Chadds Ford. We planned to spend the weekend camping and canoeing. But when I tried to kneel in the back of my canoe, it almost tipped upright.

My friends stood on the dock and laughed at me. I was too fat. I couldn't sit at either end of the canoe without tipping it. So I had to kneel in the middle. Alone. I was so embarrassed and humiliated I packed up my gear and returned to school immediately.

Their cruel laughter really hurt. I was 74 pounds overweight. My legs were so fat, several staff members called me "Thunderthighs."

During my next year in medical school, several of my fellow students suggested that I enroll in a newly developed weight-loss project called the Clinic-D Program.

It was totally different from any diet I'd ever seen before.

There were no pills. No appetite suppressants. No chalky mixes to prepare. No food substitutes. Everything was 100% natural. All the foods I ate came right from my local supermarket.

But the best part was that I was allowed to eat up to *six times per day*. So I wasn't hungry. Not in the morning. Not in the afternoon. Not at night. I was always eating. I ate three regular meals every day. Plus three additional snack meals every day. I laughingly complained to the research staff, "There's too much food on this program. I can't eat it all."

Each day I'd weigh myself. And to my delight I began losing weight. Fast. Within the first 180 days I lost 67 pounds. I lost another 7 pounds during the following two weeks. I was utterly amazed.

THE SECRET

The Clinic-D Program was developed by a team of physicians. It's unique because it actually allows you to eat up to 1.8 times the amount of food you would on many other diets—and *still lose weight*!

The secret is the *special combination* of foods you eat. It's this carefully defined combination which creates a negative caloric process—a process that continues all day long. Twenty-four hours a day. So fat is burned away around the clock. Not just in unhealthy spurts and fits like many diets. That's why it lets you shed pounds so easily. And without hunger.

A friend of mine from Marietta began the program in April weighing 188.5 pounds. By the end of July she lost 58.4 pounds. Like all participants she was allowed six meals per day. She reported absolutely *no hunger* at any time during the program.

KEEPING IT OFF

How many times have you shed 10 or 15 pounds only to find yourself regaining every pound within a few months? It happens because we're all creatures of habit. We normally eat three meals a day. And we normally have a few snacks every day. We all love snacks. Especially at night.

But most diets try to force us to *change* all that.

And that's why they fail.

The Clinic-D Program is different. It lets you *continue* your normal eating lifestyle. You eat three meals a day. Plus three snack meals a day. You don't feel deprived. That's why the weight stays off. For good!

Consider these additional facts:

1. The Clinic-D Program is healthy. It's high in essential fiber. Low in sodium. Moderately high in protein and carbohydrates.
2. There is no ketosis. No foul breath odor.
3. You'll take off weight rapidly.
4. There are no artificial foods. No pills. No appetite suppressants.
5. You'll enjoy a variety of foods. Meats like beef, ham, pork and chicken. You'll also enjoy great soups and sandwiches, excellent sauces, a wide selection of dairy products, dressings, dips, lots of munchies. Even some light wine or beer.
6. All the foods are easy to prepare. The menus are flexible. You can even eat out in a restaurant. Just keep the special combinations of food in mind when you order.

Obviously I'm very enthusiastic about the program. It worked for me when nothing else would. And it's working for dozens of other people in a clinical setting. This is the first time it's been offered to the general public.

I'll be happy to send you the program to inspect. It's easy to read. Easy to follow. Everything is included. All of the day-to-day instructions, food combinations and menus.

Green Tree Press, Inc. has consented to handle publication and distribution of the program.

Our guarantee is simple.

1. Write your name and address on a plain piece of paper and enclose a check for $9.95. BUT POSTDATE IT 30 DAYS IN ADVANCE. That way it's not cashable by us or anyone for a full month. You can, in fact, stop payment on it at any time during the next 30 days. It's not really money. So you'll be able to try the program—and lose weight—without paying a penny. There is absolutely no risk to you.
2. We'll send you the complete program immediately. Try it. If you don't begin losing weight—quickly and without hunger—simply return the materials within the 30-day trial period. WE'LL PROMPTLY RETURN YOUR ORIGINAL UNCASHED CHECK. NO DELAYS. NO EXCUSES.

Or try the program for SIX MONTHS. If you're not delighted with the results, simply return it. We'll send you a complete refund.

This is the fairest way I know to let you TRY the Clinic-D Program at no risk to you. To order send your name, address and postdated check to me, Janet McBarron, M.D., Green Tree Press, Inc., Dept. 452, 3603 West 12th Street, Erie, PA 16505.

AN IMPORTANT REMINDER

As your weight begins to drop rapidly, do not allow yourself to become too thin. It's also very important to consult your physician before commencing any weight-loss program. Show your doctor this program. Be sure to see him periodically if you intend to take off large amounts of weight.

READ THESE ACTUAL CASES...

- *B.B. is a 43-year-old teacher. She began the program in May. During the first 12 weeks, she lost 48.7 pounds and reduced her blood pressure from 151/117 to 121/80. She continues to lose each month.*
- *P.B. is a 36-year-old housewife. She began in April and lost 61.3 pounds in 16 weeks. She likes to joke about all the food she's eating.*
- *G.W. is a 39-year-old transportation company employee. In 194 days she lost 66.4 pounds. Again she reported no hunger. No loss of energy. No nervousness.*
- *D.D. is a 53-year-old secretary. She lost 47 pounds in 5 months — over the Christmas holidays! No hunger, no nervousness. She said she felt "super".*

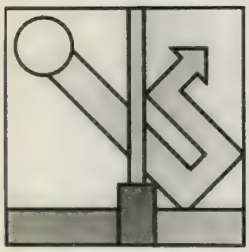
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EDITOR'S LETTER

HAPPY BIRTHDAY TO US

Dear Reader,

The first issue of this magazine was published 65 years ago this July. It started life with the rather quaint name of *Fruit Garden and Home,* but within a couple of years, the name was changed to *Better Homes and Gardens®,* and so we've been ever since.

Throughout our 65 years, I'm proud to say we've consistently followed the goal set in the beginning by our founder, E. T. Meredith. He said his magazine's purpose would be to help families live a better life by giving them ideas, information, and inspiration. Another way he put it was not so high-minded, but more fun: "No fiction, no fashion, no piffle, no passion."

I've been a reader of *Better Homes and Gardens* since the late '40s or early '50s, about the time when the magazine really came into its own. After WW II, returning veterans were eager to marry and get on with their lives, and *Better Homes and Gardens* was there to help. The magazine prospered and grew along with those new families.

My wife and I started our own family in the mid-'50s. Even then, Gerrianne

"No fiction, no fashion, no piffle, no passion."

was demonstrating her powers for foreseeing trends. We shopped without much success for inexpensive houseplants to soften up the edges of our plastic and plywood decorating scheme. *Better Homes and Gardens* anticipated the houseplant craze then, too, publishing articles on their care and feeding.

When the '60s came along, we missed out on owning a split-level house, the typical family home of those years, but we did move from the avocado and gold Mediterranean style of the early '60s into the bright colors and wet-look plastics of the late '60s. We had cook-outs and fondue parties, discovered Bing cherries and instant coffee. We also lost



GEORGE CEOLLA

65 years of the good life . . .

our innocence and had to reexamine our values, right down to their roots, along with the rest of the country.

I loved the early '70s, with my children growing up by leaps and bounds, and the world changing at breakneck speed. We had supergraphics on our walls and ate our yogurt out of hand-thrown mugs. We, and everyone else, became energy conscious, and finally, you could buy terrific houseplants almost anywhere. *Better Homes and Gardens* told us (again) how to care for those plants and how to turn the worry over the oil crisis into practical, energy-saving techniques.

Now, here we are in the '80s, with more changes still. I find myself reading food packages for the nutritional content and having a renewed interest in antique furniture, both of which would have seemed unthinkable only 10 years ago.

I'm thankful for the good life I've had over these years, and I'm glad that I've spent so many of those years working for the magazine that has become the symbol of the good life in America. Wish us happy birthday, and be assured that we'll keep up the good work.

David Jordan

David Jordan, Editor

From the Stouffer Collection of Side Dishes.

SPINACH SOUFFLÉ

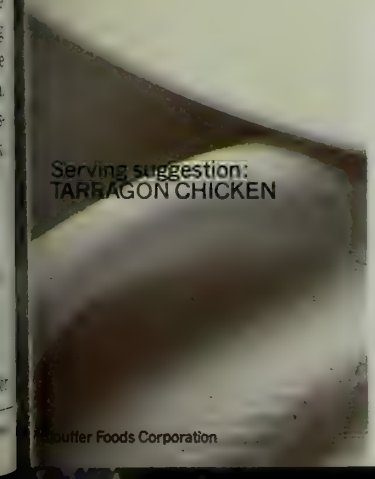


The classic soufflé. Chopped whole leaf spinach, fresh milk and eggs, delicately seasoned.

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However, Ford has taken a different tack with t most innovative thoughts on automotive desig

They turned them into an automobile: Taurus. benchmark of engineering excellence.

In fact, this is the second year in a row that Taurus has been selected as one of *Car and Driver* magazine's ten best cars.

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Even the attractive Taurus shape is the result of careful thought. It's been designed to allow air moving over its surface to actually contribute to road stability.



Buckle up—Together we can save lives.

d if you prefer the added feel of a 5-speed, ırus offers the MT-5.

this kind of thinking that makes Taurus an ıomobile Ford simply couldn't leave to the ıgination.

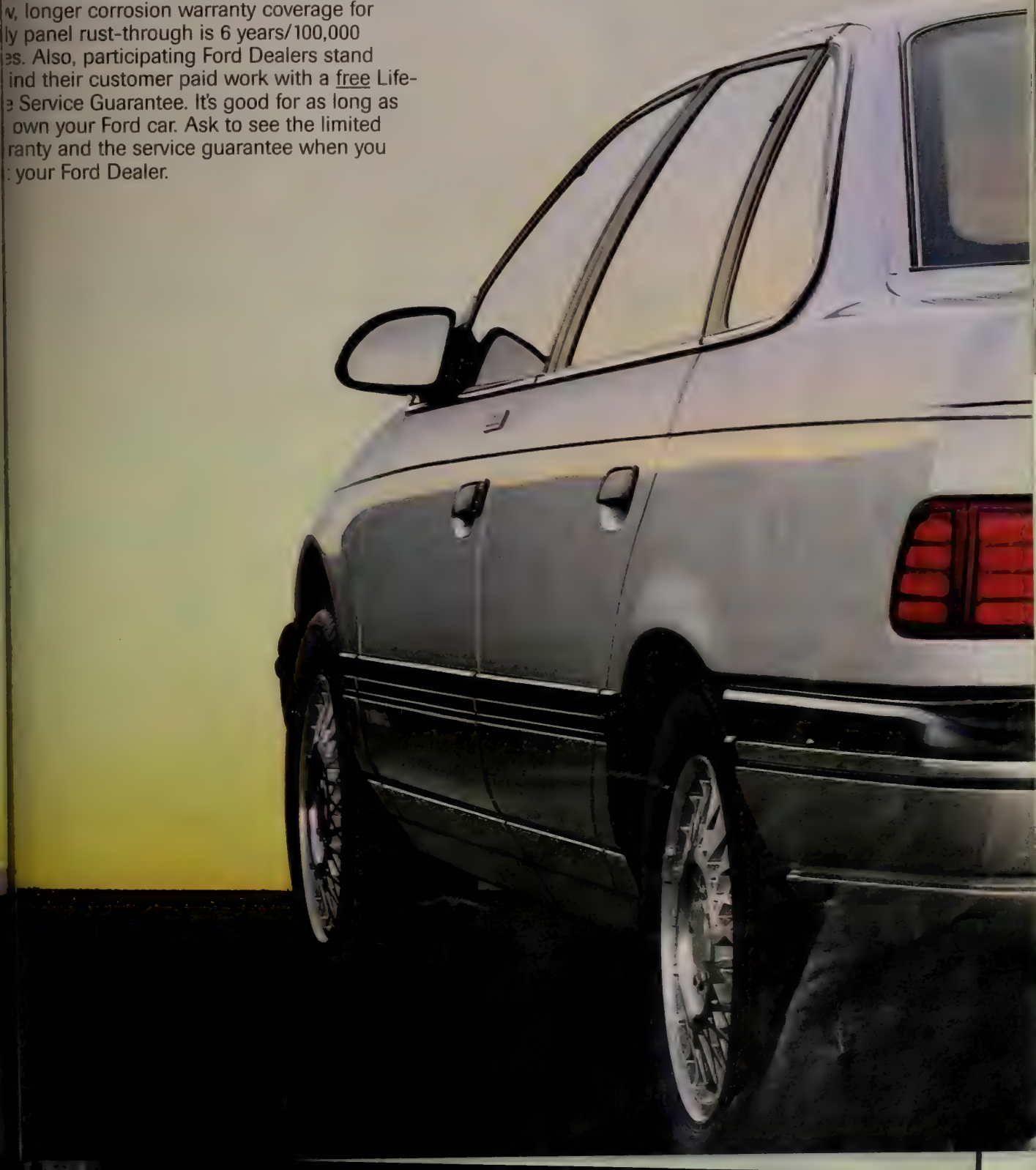
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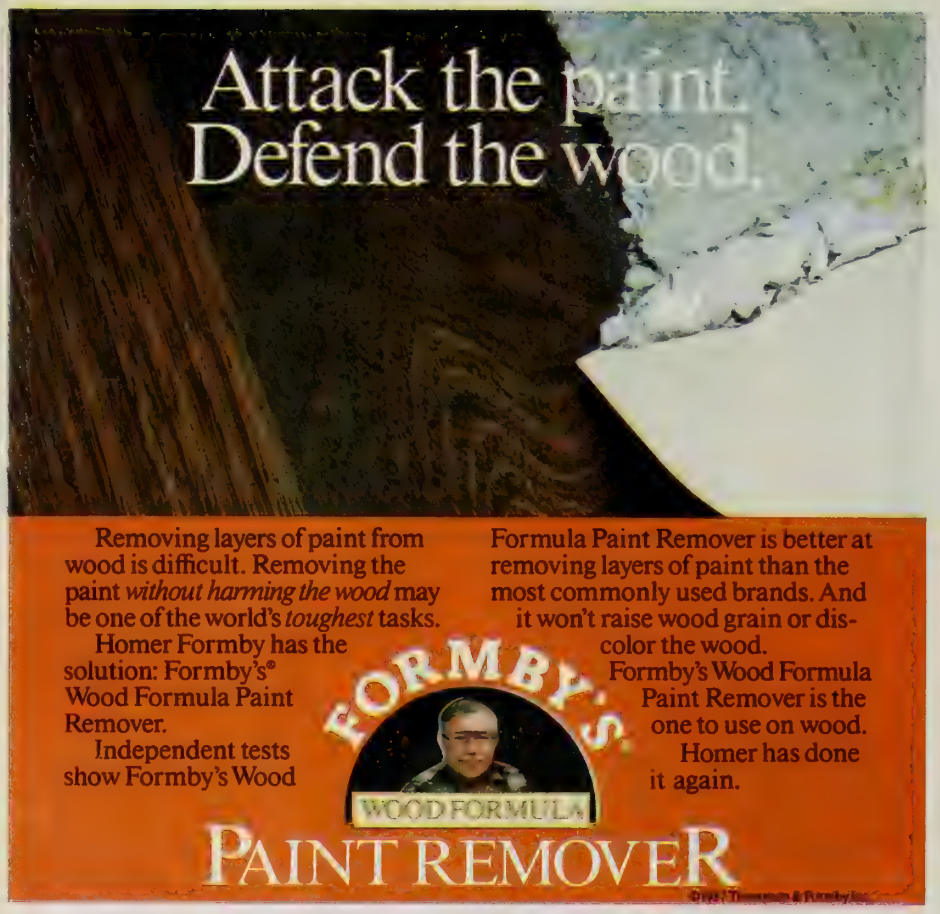
d now covers all new 1987 cars with a ear/60,000-mile warranty on major powertrain ıponents. Restrictions and deductible apply. w, longer corrosion warranty coverage for ly panel rust-through is 6 years/100,000 es. Also, participating Ford Dealers stand ind their customer paid work with a free Life- e Service Guarantee. It's good for as long as own your Ford car. Ask to see the limited ranty and the service guarantee when you your Ford Dealer.

Ford. Best-built American cars... six years running.

In fact, for the past six consecutive years, Ford quality has led all other American car companies. This is based on an average of owner-reported problems in the first three months of service on '86 models, and in a six-month period on '81-'85 models designed and built in North America.

Have you driven a Ford...lately?





LETTERS

FAMILY NETWORK

Readers' comments and solutions to family and community problems

Holding hands

My little grandson never wanted me to hold his hand when crossing a street or going down stairs. One day, we were going down some steep steps and I said, "Please hold my hand so I won't fall." Now, he asks to take my hand whenever there's any danger.

Mrs. Carrie Casstevens
Dobson, N.C.

Letting go

As my daughter and I planned her wedding, I wanted to let her know how hard it was to give her away, but couldn't seem to tell her. Then I remembered how we wrote notes to each other when she was a teenager, because that was the only way we could communicate without wanting to kill each other. So I wrote her the first of a series of wedding-planning love notes. They helped me and have made the whole process so much easier.

Joan E. Perkins
Corvallis, Oreg.

Birthday videos

For our father's 60th birthday, we made a video tape of stories about him. His sisters and brothers told tales of his childhood, my mother told how they met, and my sisters and I told stories of "Life with Father." We even got his first-grade teacher to contribute!

Tronni Petersen
Astoria, Oreg.

Editor's Note: You can rent video cameras for $35 to $55 per day. Check under "Video" in your Yellow Pages.

Buying snacks

My children always complained that I never bought "good" snacks. Finally, I took them shopping, gave them a calculator, a dollar amount, and a cart. It was an adventure watching them decide which items to get. I was proud of the choices they made, and how they stretched their money to provide "lots of snacks."

Libby Skinner
Hampton, S.C.

Dad's survival kit

When I'm invited to a baby shower, I like to bring a "Labor Survival Kit" for the father-to-be. In the box, I put such items as chewing gum, a few magazines, a humorous book on babies, a container of quarters along with the names and numbers of people to inform of the birth. The kit can be packed with the mother's hospital bag so it's not forgotten. This gift has provided many laughs at the showers I've attended.

Mary Ann Rees
Mundelein, Ill.

Stepchild jealousy

My husband and I each have a child from a previous marriage, and now have two from our marriage. On holidays, the two older ones get much more than the two younger ones due to the ex-spouses. They also have special outings all year because of visitation. We try to treat everyone equally, but the little ones can't understand why the older ones get more. If we try to compensate for them, the older ones feel we love the younger ones more. This situation causes constant stress. Any suggestions would be greatly appreciated.

Rita James
Beebe, Ariz.

WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors have solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published.



3:01 PM.
The sweet sounds of summer.
An open fridge door.
Chilled SNICKERS
When you're hungry.
Summer satisfaction.
SNICKERS style.

How to cool off summer hunger with SNICKERS®:
Take a SNICKERS® Bar. Put it in the fridge or freezer for several
rs. Then, when summer hunger hits, cool down with those fresh
ted peanuts, peanut butter nougat, caramel, and milk chocolate.
tisfying solution to a heated problem. Chilled SNICKERS®

icked with peanuts, SNICKERS really satisfies."®



NOW FLATTENS THEM ALL.



NOW MENTHOL IS LOWEST

By U.S. Gov't. testing method.

ALL BRAND STYLES ABOVE ARE 100mm. © 1987 R.J. REYNOLDS TOBACCO CO.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

BOX: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK FILTER, MENTHOL: 1 mg. "tar," 0.1 mg. nicotine, av. per cigarette, FTC Report JAN. '85; BOX 100s: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK 100s FILTER, MENTHOL: 3 mg. "tar," 0.3 mg. nicotine, av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

IT'S OUR 65TH BIRTHDAY!

ANNIVERSARY ALMANAC

Celebrating Seven Decades Of Family Living



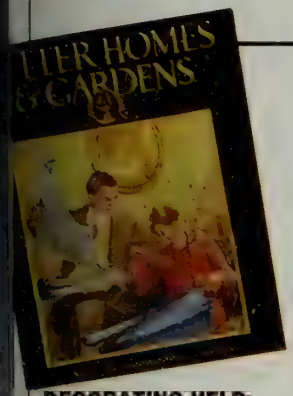
OUR FIRST NAME: A new monthly of practical advice.



TODAY'S LOOK: Year by year, more good ideas for families.

1920s

A prosperous time of settling in and beautifying our homes.



DECORATING HELP: Couples planned their dream homes together.



BACKYARD POULTRY: Our tips helped keep flocks healthy.



ELECTRIC REFRIGERATORS: A new way to keep foods fresh.



MINNESOTA HISTORICAL SOCIETY

EXTENDED FAMILIES: Sometimes as many as three generations shared the same household.

1930s

Some lean years but, mostly, home life flourished.



ELECTRIC KITCHENS: New appliances made cooking easier.



COTTAGE STYLE: The magazine's first design contest winner.



TOSSED SALADS: Our pages introduced this revolutionary meal-starter.

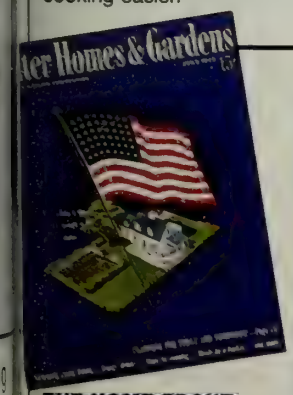


ART BALDWIN

FAMILIES TOOK TO CARS: The auto boom brought new mobility and new problems, too.

1940s

The war years tested our strength, and we were not found wanting.



THE HOME FRONT: Victory gardens and steadfast spirits.



KNOTTY PINE: It spread from our pages to homes everywhere.



BARBECUES: The peaceful fires GIs returned home to.



MINNESOTA HISTORICAL SOCIETY

TIME TOGETHER: The war years made reunions more precious than ever.

continued

ANNIVERSARY ALMANAC

1950s

A tranquil era when suburbs blossomed and families prospered.



DANISH MODERN: Our pages unveiled new furniture styles.



THE SPLIT LEVEL: The magazine's designs filled U.S. neighborhoods.



THE FAMILY ROOM: Our concept of a place where everyone could relax.



ON HOLIDAY: A family vacation meant a week at a beach cottage or mountain hideaway.

1960s

A time of changes in food, decorating, and lifestyles.



BRIGHT COLORS: Experiments in decorating marked our pages.



SHOP TALK: We presented proven ways to bridge the generation gap.



FONDUE PARTIES: The fashionable way to entertain friends.



MODISH STYLES: Most families held fast to traditions despite sweeping societal changes.

1970s

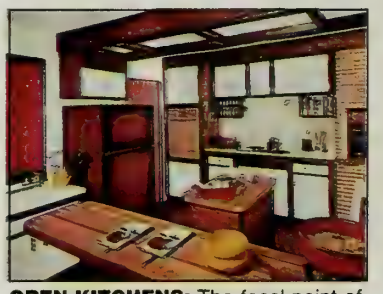
High tech enters our homes and our lives.



HANGING PLANTS: Our advice ushered in a decade of living designs.



PASSIVE SOLAR: We offered a do-it-yourself solution to the energy crisis.



OPEN KITCHENS: The focal point of the modern home.



THE AMERICAN DREAM: The door was finally opened to many more families.

1980s

A return to traditions in meals, homes, and family values.



COUNTRY CRAFTS: Patterns inside to create new family heirlooms.



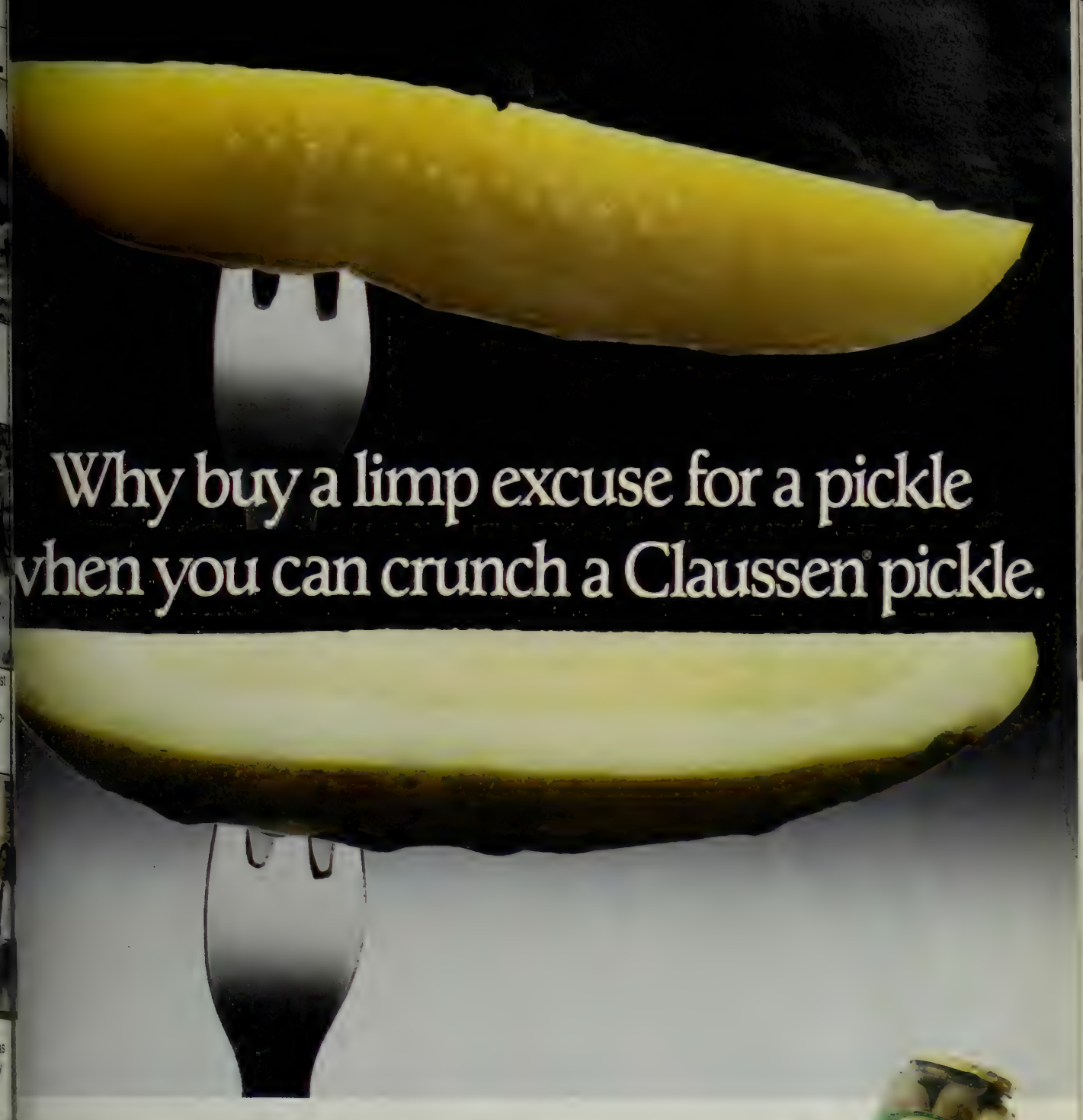
HERB GARDENS: Beauty in our backyards, new flavors in our meals.



MASTER SUITES: Bath/bedroom designs become homes within homes.



LOOKING AHEAD: Today's families prosper by juggling careers and home life. BH&G



Why buy a limp excuse for a pickle when you can crunch a Claussen® pickle.

Are you settling for limp, wilted pickles–the ones that are cooked they can sit on your grocer's warm shelves?

You don't have to. Claussen® pickles are fresh, never cooked. ussen pickles are picked year round and are continuously chilled m the moment they're picked. That's why they're so fresh, crunchy and ter tasting than pickles you'll find on the shelf. We even date every jar so know just how fresh they are.

So next time look for cold, crunchy Claussen pickles in your cer's refrigerator case. 'Cause any other pickle is just a limp excuse.



claussen **We've got pickles down cold.**

Only in your grocer's refrigerated case.

© 1987 Claussen Pickle Co.



TONIGHT'S HOT-OFF-THE-GRILL DINNER

- SPEEDY SALMON FILLET
- PEPPER SALAD
- CROISSANTS WITH CHEESE

TO ORDER GRILL BASKET, SEE PAGE 154.



FAST FAMILY FAVORITES

BARBECUE!

FANCY ENOUGH FOR FRIENDS, FAST ENOUGH FOR FAMILY

By Barbara Greenwood

SPEEDY SALMON FILLET

- 1 1½-pound boneless skinless fresh salmon fillet
- 3 tablespoons lemon juice
- 1 tablespoon snipped fresh basil
- 1 tablespoon cooking oil
- 1 tablespoon soy sauce
- 1 teaspoon Worcestershire sauce
- ½ teaspoon bottled minced garlic
- ¼ teaspoon pepper

Rinse salmon; pat dry. For sauce, in a small mixing bowl combine remaining ingredients; brush some over salmon. Place salmon in a greased grill basket, turning thin ends of fillet under to make an even thickness. Measure fillet's thickness. Close basket. Place on uncovered grill directly over *medium-hot* coals. Grill 4 to 6 minutes per ½-inch thickness or till salmon flakes easily when tested with a fork, brushing often with sauce. (If salmon is 1 inch or more thick, turn halfway through grilling.) Serves 6.

Nutrition information per serving: 205 cal., 23 g pro., 1 g carbo., 11 g fat, 40 mg chol., 233 mg sodium. U.S. RDA: 11% thiamine and 27% phosphorus.

PEPPER SALAD

Add some color! Use half of both a red and yellow sweet pepper—

- 1 medium sweet pepper, sliced into rings
- ½ of a small red onion, sliced and separated into rings
- 1 cup bean sprouts
- 1 2¼-ounce can sliced pitted ripe olives, drained
- 1 medium plum tomato, cut into thin wedges
- Lettuce leaves
- ¼ cup dairy sour cream
- 2 tablespoons green goddess *or* creamy buttermilk salad dressing
- 1 tablespoon snipped fresh basil *or* 1 teaspoon dried basil, crushed

For salad, on a platter arrange pepper, onion, sprouts, olives, and tomato atop lettuce. For dressing, combine sour cream, salad dressing, and basil. Cover each; chill till serving time. Pass dressing with salad. Makes 6 servings.

Nutrition information per serving: 77 cal., 2 g pro., 5 g carbo., 6 g fat, 4 mg chol., 119 mg sodium. U.S. RDA: 51% vit. C.

CROISSANTS WITH CHEESE

- ⅓ cup soft-style cream cheese with chives and onion
- ⅓ cup shredded Monterey Jack *or* mozzarella cheese
- 6 small croissants, split

Combine cheeses. Spread *1 rounded tablespoon* of mixture between halves of *each* croissant. Wrap tightly in foil. Place on uncovered grill directly over *medium-hot* coals. Grill 3 to 4 minutes or till heated through, turning at least every minute. Makes 6 servings.

Nutrition information per serving: 184 cal., 5 g pro., 13 g carbo., 12 g fat, 19 mg chol., 172 mg sodium. U.S. RDA: 10% thiamine and10% riboflavin.

Buying information, page 153.

Photograph: George Selland. Food stylist: Stevie Bass

READY IN 45 MINUTES

6:00–6:05 *Mound briquettes in grill; ignite.*
6:05–6:15 *Fix salad and dressing; chill.*
6:15–6:20 *Stir up sauce for salmon. Place salmon in greased grill basket.*
6:20–6:25 *Fill croissants.*
6:25–6:30 *Spread out the coals; test them for medium-hot heat.**
6:30–6:45 *Grill salmon; add foil-wrapped croissants the last few minutes.*
6:45 *Dinner's ready!*

**Hold the palm of your hand over the place the food will be cooked. Count seconds by saying "one 1,000, two 1,000 . . ." and so on. If you need to remove your hand after three seconds, the coals are medium-hot.*

QUICK, LIGHT, AND LUSCIOUS!

SUMMER COOKING

MAIN DISHES READY IN 30 MINUTES OR LESS

By Joy Taylor

PHOTOGRAPHS: GEORGE SELLAND. FOOD STYLIST: STEVIE BASS

Quick, light, and luscious—your favorite style of cooking on hot summer nights, right? Then you'll enjoy these ultrafast, no-fuss suppers that we designed with you in mind.

- **SALADS.** *New, nutritious ideas that use the summer's best produce.*
- **SAUTÉS.** *Entrées featuring thin meat cuts that cook in a jiffy.*
- **SANDWICHES.** *The quintessential quickie meal goes haute.*



CRISP CUCUMBER SEAFOOD PLATE

Save time: Buy shelled shrimp—

- ¾ cup loose-pack frozen peas
- 1 small cantaloupe, chilled
- 1 small cucumber, chilled
- ⅓ cup Italian salad dressing
- 2 tablespoons lemon juice
- 1 teaspoon sugar
- Bibb lettuce leaves
- 1 7-ounce can solid white tuna, chilled and drained
- 6 ounces cooked, shelled shrimp

Run cold water over peas to thaw. Halve cantaloupe crosswise; remove and discard seeds. Cut into 9 thin slices. Halve cucumber lengthwise. Scoop out and discard seeds; thinly slice cucumber. For dressing, combine salad dressing, lemon juice, and sugar. Line 3 dinner plates with lettuce. Top with cantaloupe and cucumber. Toss together peas, *half* of the dressing, tuna, and shrimp. Spoon onto plates; drizzle with remaining dressing. Makes 3 servings.

Per serving: 341 cal., 34 g pro., 20 g carbo., 14 g fat, 112 mg chol., 353 mg sodium, 4 g fiber. U.S. RDA: 67% vit. A, 93% vit. C, 13% thiamine, 60% niacin, 17% iron, 31% phosphorus.

PORK WITH PINEAPPLE

Serve with fresh pineapple, chopped pecans, and steamed red pepper for a colorful and classy look—

1 pound pork tenderloin
¼ cup margarine *or* butter
1 8-ounce can crushed pineapple (juice pack)
1 small zucchini, cut into julienne strips

Slice pork tenderloin crosswise into 1-inch-thick pieces. In a 12-inch skillet cook pork in hot margarine or butter 5 minutes per side or till no longer pink. Remove from skillet; cover and keep warm.

For sauce, add *undrained* pineapple and zucchini strips to skillet. Bring to boiling, scraping up brown bits in skillet with a wooden spoon. Boil 3 minutes. Season to taste with *salt* and *pepper*. To serve, arrange pork on 4 individual plates. Top with the sauce. Makes 4 servings.

Per serving: 268 cal., 25 g pro., 10 g carbo., 14 g fat, 74 mg chol., 192 mg sodium. U.S. RDA: 12% vit. A, 10% vit. C, 79% thiamine, 20% riboflavin, 27% niacin, 10% iron, and 29% phosphorus.



BEGGERS' POCKETS

Finger food for lazy summer evenings—

1 14-ounce package frozen thinly sliced beef
¼ cup chicken broth
1 tablespoon soy sauce
1 teaspoon cornstarch
1 tablespoon cooking oil
1 cup chopped broccoli
2 carrots, thinly bias sliced
4 large flour tortillas, halved
Alfalfa sprouts
Bottled plum sauce

Remove paper between frozen beef slices. Stack slices; cut into strips. Combine broth, soy, and cornstarch. In skillet stir-fry frozen beef in oil, *half* at a time, over medium-high heat 2 minutes or till brown. Remove from skillet. Stir-fry broccoli and carrots 3 to 4 minutes. Drain. Add beef to skillet. Stir broth; add to skillet. Cook till bubbly. Cover; cook 1 minute. Top each tortilla half with *⅓ cup* meat mixture and sprouts; roll up. Pass sauce. Serves 4.

Per serving: 281 cal., 24 g pro., 20 g carbo., 12 g fat, 65 mg chol., 397 mg sodium, 3 g fiber. U.S. RDA: 210% vit. A, 28% vit. C, and 26% iron.





SOUTHERN TOSTADAS

Tortilla chips can replace the shells—

- **1 15-ounce can black-eyed peas**
- **1 8-ounce can red kidney beans**
- **1 15-ounce can Spanish rice***
- **1 4-ounce can diced green chili peppers, drained**
- **1 stalk celery, thinly sliced**
- **2 tablespoons tomato paste**
- **1 to 2 teaspoons chili powder**
- **2 cups shredded Monterey Jack *or* cheddar cheese (8 ounces)**
- **10 tostada shells**

Toppers: shredded lettuce, dairy sour cream, guacamole, chopped tomato, sunflower nuts (optional)

Drain peas and beans. In saucepan combine peas, beans, rice, peppers, celery, tomato paste, and chili powder. Bring to boiling; reduce heat. Simmer, covered, 5 minutes. Stir in *1 cup* cheese. Serve hot over tostadas with remaining cheese and toppers. Makes 5 servings.

*Or, use ¾ cup *quick-cooking rice* plus 1½ cups *vegetable juice cocktail.*

Per serving: 473 cal., 22 g pro., 54 g carbo., 20 g fat, 40 mg chol., 757 mg sodium, 9 g fiber. U.S. RDA: 36% vit. A, 75% vit. C, 43% calcium.



WILTED SAVOY SALAD

A 20-minute meal for a twosome—

- **1 6-ounce jar marinated artichoke hearts *or* two 4-ounce jars pickled mushrooms**
- **1 yellow sweet pepper, cut into thin strips**
- **6 ounces sliced Canadian-style bacon, halved**
- **8 cups torn Savoy cabbage *or* Chinese cabbage**

Tomato wedges

Coarsely cracked black pepper

Drain artichokes, reserving marinade; cut up any large pieces. In a 12-inch skillet heat *⅓ cup* reserved marinade. Add sweet pepper; cook and stir 3 minutes. Add artichokes and bacon; toss to coat. Cook 2 minutes. Add cabbage. Cook over low heat about 1 minute, tossing just till cabbage wilts. Transfer to 2 plates. Top with tomato and pepper. Pass any remaining marinade. Makes 2 servings.

Per serving: 415 cal., 24 g pro., 27 g carbo., 26 g fat, 43 mg chol., 1,602 mg sodium, 11 g fiber. U.S. RDA: 63% vit. A, 203% vit. C, 59% thiamine, 19% riboflavin, 35% niacin, 14% iron.

FOR MORE SUMMER-COOKING RECIPES
see page 27.

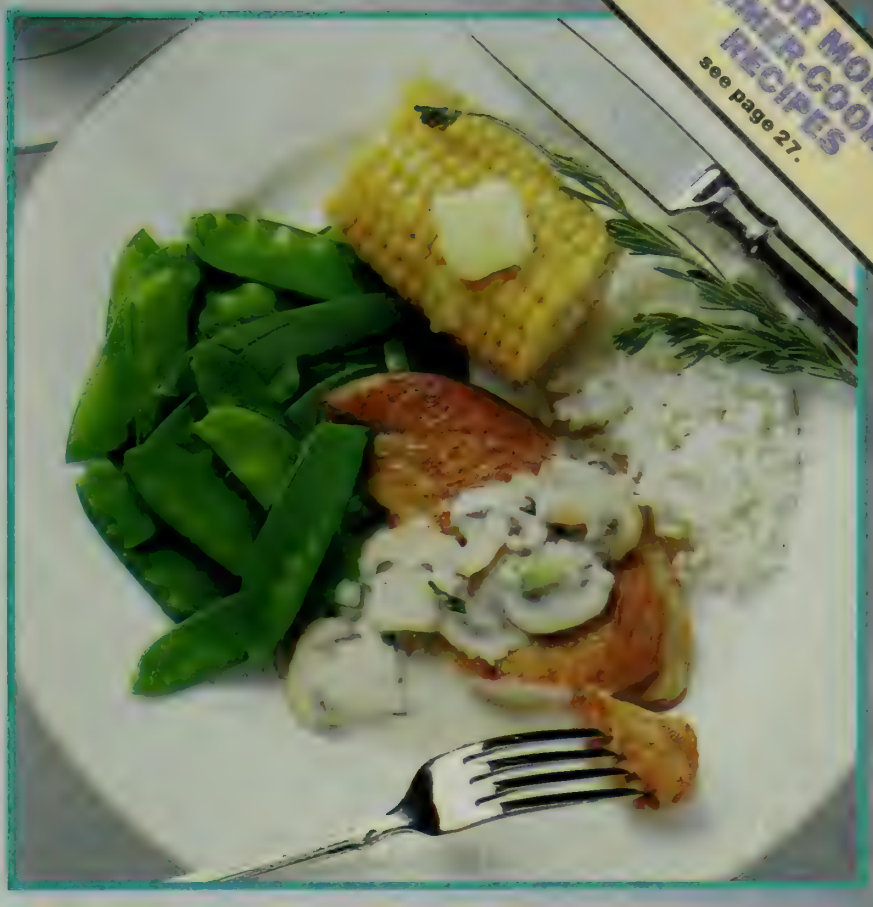
CREAMY TURKEY SAUTÉ

Quick-cooking rice, corn-on-the-cob, and crunchy pea pods balance the rich-tasting poultry entrée——

2 turkey breast tenderloin steaks (8 ounces total)
1 tablespoon olive *or* cooking oil
8 ounces fresh mushrooms, sliced
1 large green onion, sliced
1 3-ounce package cream cheese, cut into cubes
3 tablespoons milk

In a 10-inch skillet cook turkey steaks in hot oil for 2 to 3 minutes per side or till light brown and tender. Remove turkey from skillet to platter; cover and keep warm. Add the sliced mushrooms and onion to drippings in skillet. Cook for 2 to 3 minutes or till tender. Stir in cream cheese and milk till well blended. Season sauce to taste with *salt* and *pepper*. To serve, spoon mushroom sauce over turkey. Makes 2 or 3 servings.

Per serving: 377 cal., 34 g pro., 8 g carbo., 23 g fat, 119 mg chol., 197 mg sodium, 3 g fiber. U.S. RDA: 13% vit. A, 12% thiamine, 44% riboflavin, 59% niacin, 18% iron, 42% phosphorus.



ANTIPASTO-STYLE OMELET

Mound antipasto favorites onto your plate: salami, olives, cherry tomatoes, and pickled peppers—

4 beaten eggs
½ teaspoon dried marjoram, crushed
¾ cup cooked spaghetti, cut up
1 green onion, thinly sliced
2 tablespoons margarine *or* butter
1 2.25-ounce can sliced pitted ripe olives (½ cup), drained
¼ cup grated Parmesan cheese
Snipped parsley

Combine eggs, marjoram, 2 tablespoons *water*, and ⅛ teaspoon *pepper*. Stir in spaghetti and onion. In a 10-inch skillet melt margarine. Add egg mixture. Cook over medium-low heat, running spatula around edge, lifting to allow uncooked portion to flow underneath. Top with olives and *half* the cheese. Fold omelet in half. Slide omelet onto plate. Top omelet with remaining cheese and parsley. Serves 2.

Per serving: 440 cal., 21 g pro., 19 g carbo., 31 g fat, 559 mg chol., 784 mg sodium. U.S. RDA: 30% vit. A, 24% riboflavin, 28% calcium, 22% iron.



Buying information, page 153.



At Whirlpool, we put some of our best ideas on the shelf.

Three-liter bottles. Short, squat six-packs. Fat turkeys. Or small garlic cloves. At Whirlpool, we believe that virtually every kind of food should fit in your refrigerator easily and be easy to reach. So we put our minds to work refining the art of refrigerated storage.

Our shelves adjust, even on the doors. All groceries are not created equal. So shelves on most Whirlpool® refrigerators adjust quickly and easily to let you store just about anything. On our new DesignerStyle™ models, even door-mounted shelves adjust to handle hard-to-fit three-liter bottles and six-packs. And their drip-catching edges help hold spills to a single shelf. It's even easy to adjust the temperature because our controls are right up front.

Clean-up has never been easier. Wiping up spills is no fun. So Whirlpool refrigerators have easy-to-clean interiors. Smooth glass shelves let you wipe up spills in short order. Vegetable crispers and meat keepers remove quickly for easy cleaning. And, of course, our textured steel doors help hide fingerprints and wipe clean quickly.

You'll like it or we'll replace it free. Buy any new Whirlpool major appliance from a retail dealer. You'll be satisfied with its quality and performance, or we'll replace it free for up to a year.* That's part of our 100% Customer Commitment. And it's one more way we make your world a little easier.

Whirlpool
Home Appliances
Making your world a little easier.

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*Includes delivery and installation of new appliance and removal of old appliance. Offer good in the 50 states only. For details, see your retail dealer.



ONION KNOCKWURST



Onion Knockwurst.

- **2 cups frozen chopped onion**
- **1¼ cups water**
- **1 6-ounce can tomato paste**
- **1 teaspoon dried oregano, crushed**
- **½ teaspoon pepper**
- **8 fully cooked knockwurst *or* bratwurst**
- **1 small green pepper, cut into strips**
- **8 slices American cheese**
- **8 hoagie buns *or* frankfurter buns, split**

● **In 10-inch skillet combine** onion, water, tomato paste, oregano, and pepper. Bring to boiling; reduce heat. Simmer, covered, about 5 minutes or till onions are thawed.

● **Slash knockwurst** crosswise, cutting to but not through the other side (if extra large, also slash lengthwise). Place in skillet, spooning onion relish over. Cover; simmer 5 minutes. Add green pepper. Cover; simmer 5 minutes more or till knockwurst are hot and green pepper is tender.

● **Place one cheese slice** inside each bun. Add sausage and some onion relish to each. Pass mustard, if desired. Serves 8.

Nutrition information per sandwich: 511 cal., 23 g pro., 31 g carbo., 33 g fat, 79 mg chol., 1,229 mg sodium, 3 g dietary fiber. U.S. RDA: 29% vit. C, 44% thiamine, 23% riboflavin, 24% niacin, 26% calcium, 19% iron, 39% phosphorus.

continued on page 31



ndian Chicken and Rice.

continued from page 25

INDIAN CHICKEN AND RICE

For spicier sauce, add ¼ teaspoon ground red pepper—

- **½ cup long grain rice**
- **8 ounces boneless, skinless chicken breasts**
- **1 tablespoon margarine *or* butter**
- **⅓ cup orange juice**
- **1 teaspoon dried minced onion**
- **1 teaspoon curry powder**
- **½ teaspoon ground coriander**
- **½ cup seedless grapes, halved**
- **1 tablespoon apricot jam, pineapple jam, *or* peach jam**

Cook rice according to the package directions.

Meanwhile, in 10-inch skillet brown chicken in hot margarine or butter 5 minutes, turning once. Add orange juice, onion, curry powder, and coriander. Bring to boiling; reduce heat. Cover; simmer 5 minutes or till chicken is tender.

Transfer chicken to serving platter; keep warm. Bring pan juices to boiling over medium high heat. Stir in grapes and jam. Serve juices over chicken with rice. Serves 3.

Nutrition information per serving: 280 cal., 20 g pro., 38 g carbo., 5 g fat, 44 mg chol., 98 mg sodium. U.S. RDA: 16% vit. C, 15% thiamine, 49% niacin, 10% iron, 19% phosphorus.




Presenting...
Rapunzel
Shown smaller than actual size of 11" in height.

continued from page 27



SCOTT LITTLE

Spinach and Potato Pie—no chopping!

SPINACH AND POTATO PIE

- 4 beaten eggs
- 1 tablespoon milk
- ½ teaspoon garlic salt
- 1½ cups frozen hash brown potatoes with onion and peppers
- 1 10-ounce package frozen chopped spinach, thawed and well drained
- ½ cup shredded Swiss cheese (2 ounces)

● **Combine** eggs, milk, garlic salt, and ⅛ teaspoon *pepper*. Add potatoes, spinach, and cheese. Pour into a well-greased 8-inch skillet.

● **Cook, covered, over medium heat** 10 to 12 minutes or till center is soft-set and bottom is golden. Remove from heat; let stand, covered, 5 minutes. Cut into wedges. Makes 3 servings.

Nutrition information per serving: 354 cal., 23 g pro., 24 g carbo., 19 g fat, 401 mg chol., 576 mg sodium, 3 g dietary fiber. U.S. RDA: 134% vit. A, 18% vit. C, 31% riboflavin, 52% calcium, 28% iron, 44% phosphorus.





Pepper Ham—ready in 30 minutes.

PEPPER HAM

- 8 ounces fresh mushrooms, halved (about 3 cups)
- 2 yellow *or* green sweet peppers, cut into bite-size strips
- 1 medium onion, sliced
- 2 tablespoons margarine *or* butter
- 1 1-pound fully cooked boneless ham slice, cut about ¾ inch thick
- ½ cup water
- 1 tablespoon brown sugar
- 2 teaspoons cornstarch
- 1 tablespoon dry sherry

● **Cook** mushrooms, peppers, and onion in hot margarine or butter for 5 minutes or till pepper is crisp-tender. Remove from skillet; keep warm.

● **Place ham in skillet.** Cook over medium heat 10 to 14 minutes or till heated through, turning once. Transfer to platter. Return vegetables to skillet.

● **Combine** water, sugar, and cornstarch. Add to skillet. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Stir in sherry. Serve over ham. Makes 4 servings.

Nutrition information per serving: 274 cal., 26 g pro., 14 g carbo., 13 g fat, 60 mg chol., 1,436 mg sodium, and 2 g dietary fiber. BH&G

FRESH FRUIT DESSERTS

THE YUMMIEST IDEAS YET!

By Joy Taylor

SWEET CHERRY-NUT TART

What a scrumptious concoction!

●Tender pastry . . . toasted pecans . . . sweet cherries: an enticing trio. One forkful and you'll promise yourself to bake a tart every cherry season.

Buying information, page 153.



PHOTOGRAPHS: TIM SCHULTZ; FOOD STYLIST: KATHY GERMAN

FRESH-FRUIT ALEXANDERS

Peach, strawberry, or mango? You choose!

●You may get a creamy mustache while sipping this dessert. But, who cares when you're in dessert heaven? A second glassful is tempting, but the brandy may surprise you!



PEACH-ALMOND KUCHEN

Serve warm, and watch it go fast—

●Twice is always nice. That's why we put both fresh peaches and peach yogurt in this home-style dish. The toughest part of the recipe is waiting for it to come out of the oven.

FOR FRESH-FRUIT RECIPES SEE PAGE 37.





MELON CREAM WITH BERRIES

Chill overnight then dress up with fruit—

How can so few ingredients create such a sensation? To start, pick a ripe, juicy melon for the fluffy cream. Then, choose your prettiest dessert cups to showcase this summer sparkler.



SUMMER SAMPLER WITH CUSTARD

It's no flap to fix or serve!

Here's a pass-around-the-table dessert that will bring smiles. Pile a platter with poached plums, raspberries, figs, and orange sections, then serve chilled custard alongside.

FRESH FRUIT

FREEZE NOW—ENJOY LATER!

SUGAR FREE!



▲ Seal fruits in freezer bags by pressing out air and closing with a twist tie.



▲ Treat cherries, peaches, and plums with ascorbic acid color keeper.



▲ Pack fruit (but don't crush) into rigid containers, leaving a ½-inch headspace.

USING FROZEN FRUITS

- Thaw fruit in sealed container in a bowl of cool water. Or, thaw fruit in an uncovered microwave-safe bowl in the microwave oven on 30% power for 7 to 9 minutes (30 minutes for fruits in water).
- For cooking, fruits need to be thawed only enough to separate. Serve uncooked fruits when there are a few ice crystals still remaining.

Berries, plums, peaches—all the fruits of summer are naturally wonderful. That's why you shouldn't add a bit of sugar to freeze any of them. Come winter, enjoy low-calorie, juicy fruits.

GATHER EQUIPMENT

The most important item for freezing is the container or wrapping. You'll want a tightly sealed product so the food won't develop off-flavors, or lose color, moisture, or nutritive value. The best containers for freezing unsweetened fruits are rigid plastic containers or freezer bags. If packed properly and stored at zero degrees or below, frozen fruits maintain quality for eight to 12 months.

BERRIES

Choose berries that are plump, firm, and brightly colored.

Allow 1½ to 3 pounds *blackberries, blueberries, boysenberries, gooseberries, loganberries, raspberries,* or *strawberries* for each quart. Rinse berries; remove stems and leaves. Drain.

Slice berries, if desired. Pack into moisture- and vaporproof freezer containers or bags, leaving a ½-inch headspace. Lightly shake to pack berries closely. Seal, label, and freeze.

CHERRIES

Choose tart red or dark sweet cherries that are firm and bright.

Allow 2 to 2½ pounds unpitted *dark sweet* or *tart red cherries* for each quart. Rinse cherries; remove stems and leaves. Pit the cherries, if desired. Drain.

Dip cherries into *water* containing *ascorbic acid color keeper* (follow package directions for proportions of color keeper to water). Drain. Pack cherries into moisture- and vaporproof freezer containers or bags, leaving a ½-inch headspace. Lightly shake containers or bags to pack cherries closely. Seal, label, and freeze.

MELONS

Choose firm-fleshed, well-colored ripe melons.

Allow about 4 pounds *cantaloupe, Crenshaw melon, watermelon, Persian melon,* or *honeydew melon* for each quart. Cut melons in half. Remove seeds and rind. Cut melons into slices, cubes, or balls.

Pack melon pieces tightly into moisture- and vaporproof freezer containers or freezer bags, leaving a ½-inch headspace. Seal, label, and freeze.

PEACHES/NECTARINES

Choose plump fruits with a soft, creamy-to-yellow color.

Allow 2 to 3 pounds fruit for each quart. Rinse peaches or nectarines in cold water. To peel, immerse in *boiling water* for 20 to 30 seconds. Plunge into *cold water.* Carefully remove skins. Halve fruit; pit.

Prevent darkening during preparation by dipping fruit into *water* containing *ascorbic acid color keeper.* Drain fruit well.

Slice fruit, if desired. Stir 1 teaspoon *ascorbic acid color keeper* into each 4 cups *cold water;* allow 1 to 1½ cups of the water for each quart. Pack fruit tightly into moisture- and vaporproof freezer containers; leave headspace. Add the water to cover the fruit; leave a ½-inch headspace. Seal, label, and freeze.

PLUMS

Choose meaty varieties, which are usually larger. Plums should be fairly firm.

Allow 1¼ to 2½ pounds of *plums* for each quart. Thoroughly rinse plums in cold water and remove stems. Drain well. Halve and pit plums.

Dip halved plums into *water* containing *ascorbic acid color keeper.* Drain well. Pack plums tightly into moisture- and vaporproof freezer containers or bags, leaving a ½-inch headspace. Seal, label, and freeze.

To order freezer labels, see page 154.

continued from page 33

SWEET CHERRY-NUT TART

During July and August look for Rainier cherries to prepare this luscious tart. These golden cherries with a pink blush are the pride of cherry growers in the Northwest. They're sweeter tasting and extra large—

¼ cup dairy sour cream
1 egg yolk
1 package active dry yeast
2 tablespoons sugar
¼ teaspoon salt
¼ teaspoon vanilla
⅓ cup margarine *or* butter
1¼ cups all-purpose flour

• • •

1 cup chopped pecans, toasted
¼ cup sugar
1 tablespoon milk
½ teaspoon vanilla
1½ pounds dark *or* light sweet cherries (about 5 cups)
¼ cup sugar
4 teaspoons cornstarch
Sifted powdered sugar

● **For crust,** in a small mixing bowl combine sour cream, egg yolk, yeast, 2 tablespoons sugar, salt, and ¼ teaspoon vanilla. Let stand about 10 minutes to soften yeast. In a medium mixing bowl cut margarine or butter into flour with a pastry blender till pieces are the size of small peas. Make a well in the center. Add yeast mixture; stir till combined. Wrap dough in plastic wrap; chill at least 2 hours.

● **Press dough evenly** over the bottom and 1½ inches up the sides of a 9-inch springform pan. Bake in a 350° oven for 15 minutes.

● **Meanwhile, for nut filling:** Combine pecans, ¼ cup sugar, milk, and ½ teaspoon vanilla. Spoon nut filling evenly over partially baked crust. Bake 15 to 20 minutes more or till crust is golden.

● **For fruit filling,** stem and pit cherries. As you work, dip pitted cherries in water containing ascorbic acid color keeper (follow the package directions for the proportions of color keeper to water). Drain the cherries well. In a large saucepan combine cherries and ¼ cup sugar. Let stand 10 to 15 minutes to draw out juices. Stir in cornstarch. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more.

● **Spoon cherry mixture** over nut filling. Cool on wire rack. Remove sides of pan. Sift powdered sugar over tart just before serving. Makes 8 servings.

Nutrition information per serving: 404 cal., 5 g pro., 52 g carbo., 21 g fat, 38 mg chol., 164 mg sodium, 2 g dietary fiber. U.S. RDA: 13% vit. A, 12% vit. C, 22% thiamine, 13% riboflavin, 10% iron, and 11% phosphorus.

FRESH-FRUIT ALEXANDERS

A popular bar drink, creamy Alexanders always have a splash of brandy—

2 ripe peaches *or* nectarines, peeled, pitted, and chopped; *or* 2 cups halved strawberries; *or* 1 large mango, peeled, pitted, and chopped (2 cups)

continued on page 39



NEW THICK-ER RICH-ER KRAFT

Spoon it in! Your shrimp salad is pasta-perfect with the thicker, richer taste of New KRAFT Real Mayonnaise. Remember—it's still low in cholesterol, sodium and saturated fat. So go ahead. Help yourself to a taste of the Good Life!



IT GOES WITH THE GOOD LIFE!

continued from page 37

¼ cup brandy
2 tablespoons orange schnapps
1 cup vanilla ice cream
6 to 10 ice cubes

● **In a blender container** combine desired fruit, brandy, and schnapps. Cover and blend till fruit is pureed. Add ice cream. Cover and blend till smooth.

● **With blender running,** add the ice cubes through the opening in the lid, blending till smooth and of desired consistency. Pour the mixture into tall wineglasses. Serve immediately. Makes 4 servings.

Nutrition information per drink: 146 cal., 2 g pro., 19 g carbo., 4 g fat, 15 mg chol., 29 mg sodium, 1 g dietary fiber.

PEACH-ALMOND KUCHEN

Kuchen is German for cake. In America, it describes coffee-cakelike desserts—

½ cup all-purpose flour
3 tablespoons brown sugar
½ teaspoon ground cinnamon
3 tablespoons margarine *or* butter
¼ cup toasted sliced almonds
1¼ pounds medium peaches, peeled, pitted, and sliced (4 cups)
1 8-ounce carton peach yogurt
1 3-ounce package cream cheese, softened
2 eggs
¼ cup sugar
¼ cup all-purpose flour

● **For crumb topping,** stir together the ½ cup flour, brown sugar, and cinnamon. Cut in margarine or butter till mixture resembles fine crumbs. Stir in almonds. Set aside.

● **Spoon peaches** into an ungreased 10x6x2-inch dish. In a medium mixer bowl beat yogurt and cream cheese with an electric mixer or rotary beater. Add eggs, sugar, and the ¼ cup flour, beating till smooth. Pour mixture over fruit in dish. Sprinkle crumb topping around edge of dish.

● **Bake in a 375° oven** for 30 minutes or till filling is set. Serve warm, cut into squares. Makes 6 to 8 servings.

Nutrition information per serving: 353 cal., 8 g pro., 48 g carbo., 15 g fat, 109 mg chol., 157 mg sodium, and 2 g dietary fiber. U.S. RDA: 23% vit. A,, 10% thiamine, 17% riboflavin, 11% niacin, 11% calcium, 10% iron, and 14% phosphorus.

MELON CREAM WITH BERRIES

Blueberry season come and gone? Serve the melon cream with crisp sugar cookies, peach slices, or mandarin orange sections—

1 medium cantaloupe *or* honeydew melon
• • •
⅓ cup sugar*
1 envelope unflavored gelatin
½ cup milk
1 3-ounce package cream cheese
• • •
¼ cup whipping cream
2 to 3 cups fresh blueberries

● **Halve cantaloupe or melon; seed.** Chill *half* of the melon till serving time. Peel and chop remaining melon (should have about 2 cups).

● **In a small saucepan** combine the sugar and the gelatin. Add the milk. Heat and stir mixture over low heat till gelatin is dissolved.

● **In a blender container** combine chopped melon, gelatin mixture, and cream cheese. Cover and blend till smooth. Transfer to a bowl. Cover and chill till the mixture mounds (30 to 45 minutes).

● **Beat whipping cream** till soft peaks form (tips curl over). Fold into the gelatin mixture. Place about *¼ cup* blueberries in *each* dessert dish. Top each dish of blueberries with *½ cup* of the cream mixture. Cover and chill about 4 hours or till set.

● **To serve,** cut remaining melon into long thin slices. Top each serving with more blueberries and a few melon slices. Makes 6 servings.

*If using honeydew melon, increase sugar to *½ cup.*

Nutrition information per serving: 198 cal., 4 g pro., 27 g carbo., 9 g fat, 31 mg chol., 68 mg sodium, 4 g dietary fiber. U.S. RDA: 66% vit. A, 73% vit. C.

SUMMER SAMPLER WITH CUSTARD

Pick up different plum varieties when you shop—the juiciness and color of the flesh differs in each variety, ranging from creamy yellow to light pink. Your summer sampler will be all the more enticing—

6 ripe plums
½ cup water
½ cup orange juice
¼ cup sugar
2 oranges
1 cup fresh raspberries, chilled
4 fresh figs, quartered
1 recipe Orange Custard Sauce (see recipe, *below*)

● **Halve, pit, and peel plums.** Cut any large plums into quarters.

● **In a 10-inch skillet** combine water, orange juice, and sugar. Bring to boiling. Carefully add plum pieces. Reduce heat. Simmer, uncovered, for 5 to 8 minutes or till plums can be easily pierced with a fork, turning plums halfway through the cooking time. Using a slotted spoon, remove plums to a bowl. Cover and chill.

● **To serve,** peel and section oranges. On a large platter arrange the plums, orange sections, raspberries, and figs. Serve fruits with Orange Custard Sauce. Makes 4 servings.

Nutrition information per serving: 301 cal., 6 g pro., 64 g carbo., 4 g fat, 75 mg chol., 116 mg sodium, 4 g dietary fiber. U.S. RDA: 17% vit. A, 110% vit. C, 13% thiamine, 20% riboflavin, 18% calcium, 14% phosphorus.

ORANGE CUSTARD SAUCE

Cover and store any extra sauce in the refrigerator. Serve later over cake and strawberries—

2 tablespoons sugar
2 teaspoons cornstarch
½ teaspoon finely shredded orange peel
⅛ teaspoon salt
1½ cups milk
1 beaten egg yolk
• • •
1 to 2 tablespoons orange liqueur
1 teaspoon vanilla

● **In a 2-quart saucepan** stir together the sugar, cornstarch, orange peel, and salt. Blend in milk. Cook and stir till the mixture is thickened and bubbly. Cook and stir for 2 minutes more.

● **Gradually stir** about *half* of the hot mixture into the egg yolk. Return the egg yolk mixture to the remaining mixture in the saucepan. Cook and stir till mixture is bubbly. Cook and stir for 2 minutes more. Remove the mixture from the heat.

● **Stir in orange liqueur and vanilla.** Cover the surface of the sauce with clear plastic wrap. Cool mixture without stirring. Place in the refrigerator to chill thoroughly before serving. Makes 1⅓ cups sauce.

DIET AND HEALTH

CARBOHYDRATES: TODAY'S DIETARY 'GOOD GUYS'

By Lynn Hoppe

QUESTION

We hear so much about how it is better to eat high-carbohydrate foods. What's the difference between simple and complex carbohydrates? What foods, besides bread and pasta, are rich in carbohydrates?
Judy Rutkowski
Glenview, Ill.

ANSWER

Carbohydrates have long been slandered as the number one enemy in the battle of the bulge. But now, they are getting new respect. In addition to their primary function as an energy source, high-carbohydrate foods tend to be low in fat, yet high in fiber, vitamins, and minerals. Carbohydrates fattening? Look for another scapegoat. One gram of carbohydrate has 4 calories; a gram of fat, 9 calories!

Carbohdyrates for energy

Carbohydrates are the most efficient food source of energy there is. Your body burns what it needs immediately and stores what's left as an energy reserve. High-carbohydrate foods including fruits, vegetables, cereals, legumes, and grains are made up of both simple and complex carbohydrates.

continued on page 46

HOW TO GET MORE CARBOHYDRATES

- Choose a whole grain cereal or bread for breakfast.
- Enjoy a vegetarian meal of bean or rice dishes once or twice a week.
- Fortify your sandwiches with alfalfa sprouts, sliced cucumber, or shredded carrot; skimp on the meat and cheese. Use whole grain bread.
- Fill up with such starchy foods as potatoes, corn, rice, bulgur, pasta, or bread, and eat no more than 2 to 3 ounces of meat at a meal.
- Munch on fruit for a pick-me-up that stays with you.
- Drink unsweetened juices.



How could I let down my guard?



Imitation Slices.*

Kraft® Singles.**

Kraft® Singles are made from five ounces of milk per 3/4 oz. slice, so I know I'm giving him my best shot. Kraft® Singles give him calcium to help his bones grow up strong.

Sure, I could buy imitation slices. But some se hardly any milk. Could I let down my guard? Not by a long shot.

Kraft® Singles. More milk makes 'em good.



*Milk amounts based on cheese content. Depicted comparison to imitation cheese slices. ©1987 Kraft, Inc.
**One 3/4 ounce slice has 70% of the calcium of five ounces of milk. For more information on Kraft® Singles, call 1-800-323-0768 ext. 0464.

Announcing the first...

Hummel Gold Christmas Ornament Collection



Sunny Weather



Chick Girl



Looks Like Rain

- 24kt gold finish frames.
- Hummel paintings in full color.
- Each ornament hallmarked, dated and registered.
- Hummel art on both sides.



Apple Tree Boy



Telling Her Secret

Ornaments shown actu

The world's first collection of Hummel Christmas Ornaments, available exclusively from The Christmas Ornament Collectors Club.

Authentic Hummel

Behold the magic of Sister M.I. Hummel– ppearing for the first time ywhere in the world in a col- ction of heirloom Christmas naments. Now, you can own glorious, gleaming array of ummel ornaments–a heart- rming way to trim your tree d make the holidays come ve with color and cheer! ey are available exclusively m The Christmas Orna- ent Collectors Club – they ll not be sold in stores. This ited availability makes the naments even more impor- t and highly desirable!



The beloved art of Sister Hummel so perfect for the holiday season!

e purpose of Sister Hum- l's art is simple and sincere; to cheer the hearts of millions! r children are famous around the world – universally erished for their rosy cheeks, angelic smiles, and color- Old World costumes. There couldn't be a better way to ighten the happiness of the holidays.

The most popular Hummel paintings of all time!

e very convent in Bavaria where Sister Hummel created beloved art participated in the development of this col- tion. The paintings are Hummel's most popular, most arming and enduring works. Now they can be displayed your tree!

Each painting will be lithographed in full color and minated for protection and beauty. The Hummel paint- will appear on both sides of the ornament, so you can the artwork from any direction.

Unique filigreed frames finished in 24kt gold

ch ornament will be unique – no two are alike. Each me will be individually filigreed to match the theme of painting and enhance its beauty. Notice the delicate gels and candles on the frame of the *Praise to God* orna- nt and the fanciful baby chickens featured on the frame he *Chick Girl* ornament.

Each individual frame will be finished with a full micro-inches of gleaming 24kt gold. And each orna- nt will come with a graceful golden cord for trimming r tree.

Reserve today at a favorable price

As a subscriber to this exclusive collection, you will receive an ornament each month. Your original issue price of just $16.50 per ornament is guaranteed for all thirty-six ornaments in the collection, and you will be billed with each shipment or, you may charge each ornament, as shipped, to VISA or MasterCard.

Each ornament will be individually hallmarked, dated and registered. In addition, a fascinating narrative about the Hummel painting will accompany each ornament. An attractive chest will also be furnished at no extra charge so you can store and protect your collection. Your children, grandchildren, and their children will enjoy the magic of these cherished ornaments. Like Christmas itself, this glorious Hummel art will live forever!

©OCC

RESERVATION APPLICATION

The First Hummel Gold Christmas Ornament Collection

The Christmas Ornament Collectors Club
14 Finance Drive
Danbury, Connecticut 06810

Please respond promptly.

Please accept my reservation to *The First Hummel Gold Christmas Ornament Collection*, a collection of thirty-six Christmas ornaments, featuring the artwork of Sister M.I. Hummel displayed in gleaming 24kt gold finish frames. The cost of each ornament is just $16.50*.

I need send no money now. I understand that I will receive one ornament per month. Any ornament that I am not satisfied with may be returned within thirty days for a replacement or refund, and this subscription may be cancelled by either party at any time.

*Plus $1.50 for shipping and handling.

Name_____
PLEASE PRINT CLEARLY

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City_____

State_____ Zip_____

☐ Check here if you want each ornament charged to your:
☐ VISA ☐ MasterCard

_____
Credit Card Number Expiration Date

Signature_____

Allow 8-12 weeks after payment for initial shipment Z311

"Wow... smooth, rich, creamy. What more could you want in an ice cream?"

DIET AND HEALTH

continued from page 40

Foods, such as honey, that are high in *simple carbohydrates* (sugars) are easily digested and provide quick energy followed by an energy slump. Grains, legumes, and starchy vegetables are high in *complex carbohydrates* (starches) and supply nutrients, not just calories. Also, they're digested slowly, offering a steady energy source.

Shoot for 55 to 60 percent of your calories from carbohydrates. (For most Americans, that's an increase of 10 to 15 percent.) On a 2,000-calorie diet, that translates to 12 servings of high-starch foods, four servings of fruit, and four servings of nonstarchy vegetables.

What's on Your Mind?

If you have diet and health concerns, favorite good-health recipes, and cooking tips, we'd like to hear from you. Send letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. No materials will be acknowledged or returned.

HIGH-CARB MAIN DISH



ENERGIZING LINGUINE

- 8 ounces linguine
- 1 cup sliced fresh mushrooms
- ½ cup sliced celery
- 1 tablespoon margarine *or* butter
- 2 tablespoons cornstarch
- 1 cup chicken broth
- ⅓ cup dry white wine
- 2 teaspoons lemon juice
- ¼ teaspoon dried thyme, crushed
- Few dashes bottled hot pepper sauce
- ½ cup shredded mozzarella cheese
- 1½ cups cooked chicken cut into strips
- 4 ounces fresh spinach, chopped
- Grated Parmesan cheese (optional)

Prepare linguine according to package directions *except* omit salt. Drain; keep warm. Cook mushrooms and celery in hot margarine till tender. Stir in cornstarch. Stir in next 5 ingredients. Cook and stir till bubbly. Stir in cheese till melted. Stir in chicken and spinach. Cover and cook 1 minute or until heated through. Serve over linguine. Sprinkle with Parmesan. Serves 4.

Nutrition information per serving: 424 cal., 29 g pro., 49 g carbo., 10 g fat, 54 mg chol., 380 mg sodium, and 2 g dietary fiber. U.S. RDA: 43% vit. A, 39% thiamine, 29% riboflavin, 50% niacin, 17% calcium, 20% iron, and 32% phosphorus. BH&G

SCOTT LITTLE

WIN MONEY FOR YOUR RECIPES
This Month's Winners, Pages 49, 50.

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

THIS MONTH'S CATEGORIES

Pancake and Waffle Ideas
Chocolate Desserts

What creative flip do you put into your flapjacks and waffles? When it comes to chocolate, what sensational, decadent dessert do you devise? Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages next February. Winners receive a certificate and six copies of their recipe.

HINTS TO HELP YOU

Pancake and Waffle Ideas: Your favorite recipe can start from scratch, a mix, or frozen products. Do you add grains, fruits, or vegetables to this any-time food? **Hints: millet peach pancakes, waffles with gingered cream.**

Chocolate Desserts: Any dessert that you fancy could win. It can be fresh, baked, frozen, made-ahead, or microwaved. You can use any type of chocolate or chocolate product such as cocoa, chocolate pieces, white chocolate, or premelted chocolate. **Tips: tropical chocolate torte.**

WINNERS IN THIS ISSUE

(See recipes on pages 49 and 50.)

Cooks of the Month
Mrs. H. Rempel, Brandon, Manitoba, Canada
Mickey Strang, Ridgecrest, Calif.

Runners-Up
Gloria T. Bove, Bethlehem, Pa.
Mrs. Cyndi Veth, Bremerton, Wash.

Honor Roll
Roxanne E. Chan, Albany, Calif.; Lori DiBacco, New Castle, Pa.; Janice Elder, Spartanburg, S.C.; A. Hill, Sacramento, Calif.; Wendy Ogaard, Seattle, Wash.; Eleanor Radanovich, Mariposa, Calif.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "February Pancake and Waffle Ideas" or "February Chocolate Desserts." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, July 31, 1987. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8802 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.



WITH GOOD SEASONS®, THERE'S MORE TO LIFE THAN OIL AND VINEGAR.







Marinated Cornish Hens

Blend ⅓ cup lemon juice and 1 envelope GOOD SEASONS® Salad Dressing Mix in a bowl. Wisk in ⅓ cup salad oil. Pour over split Cornish hens in a glass baking dish. Marinate 3 hours, turning occasionally. Bake, broil, or grill hens as desired.

Dijon Mustard Dressing

Prepare GOOD SEASONS® Italian Salad Dressing Mix as directed on the package. Add 2 to 4 tbs. of Dijon-style mustard and shake well.

Creamy Pink Dressing

Blend 1 cup mayonnaise, 1 cup sour cream, 2 to 4 tbs. ketchup, and 1 envelope GOOD SEASONS® Salad Dressing Mix.



Now you can use one terrific salad dressing to create any number of dressings or almost anything else you can cook up. All it takes is a packet of GOOD SEASONS® savory herbs and spices, some inspiration, and you've got it made.

GOOD SEASONS.® THE IDEAS KEEP POURING OUT.

GENERAL FOODS

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WIN MONEY FOR YOUR RECIPES
See Page 47 For Details

KITCHEN®
PRIZE TESTED RECIPES



Fast-Fixin' Chicken

File under Poultry
July 1987

$100 WINNER *Mickey Strang, Ridgecrest, Calif.*

Plum Delicious Chicken

Start with boneless chicken breasts and you'll have this fruit-filled stir-fry on the table in less than 20 minutes—

- 2 whole large chicken breasts (about 1½ pounds total), skinned, boned, and halved lengthwise
- 2 tablespoons sugar
- 1 tablespoon rice wine vinegar *or* white wine vinegar
- 1 tablespoon soy sauce
- 2 teaspoons cornstarch
- 2 tablespoons cooking oil
- 1 small onion, thinly sliced and separated into rings
- 1 6-ounce package frozen pea pods
- 6 plums, pitted and quartered
- Chow mein noodles (optional)

Rinse chicken; pat dry. Cut into thin bite-size strips. For sauce, in a small mixing bowl stir together sugar, vinegar, soy sauce, and cornstarch. Set aside.

Preheat a wok or 12-inch skillet over high heat; add oil. Stir-fry onion in hot oil for 1 minute. Add chicken; stir-fry for 2 minutes or till chicken and onion are tender. Push mixture from center of the wok. Stir sauce; add to center of the wok. Cook and stir till thickened and bubbly. Add pea pods; stir to coat. Cook and stir for 2 minutes more or till heated through. Stir in plums. Serve with noodles. Makes 4 servings.

Nutrition information per serving: 303 cal., 29 g pro., 25 g carbo., 10 g fat, 71 mg chol., 321 mg sodium, 3 g dietary fiber. U.S. RDA: 28% vit. C, 11% thiamine, 14% riboflavin, 63% niacin, 24% phosphorus.

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES



Fresh Summer Salads

File under Salads
July 1987

$100 WINNER *Mrs. H. Rempel, Brandon, Manitoba*

Oriental Cabbage Salad

The surprise ingredient in this crunchy salad is a package of oriental noodles—

- 1 3-ounce package oriental noodles with chicken flavor
- 4 cups shredded cabbage
- 4 green onions, sliced (¼ cup)
- 2 tablespoons sesame seed
- 3 tablespoons vinegar
- 2 tablespoons sugar
- 2 tablespoons salad oil
- ½ teaspoon ground white pepper
- ¼ teaspoon salt
- ½ cup slivered almonds, toasted

Crush noodles slightly; place in colander. Pour boiling water over noodles to soften slightly. Drain well. In a large mixing bowl combine noodles, cabbage, onions, and sesame seed.

For dressing, in a screw-top jar combine seasoning packet from noodles, vinegar, sugar, oil, pepper, and salt; shake to mix well. Pour over cabbage mixture and toss. Cover and chill several hours or overnight. Before serving, stir in almonds. Makes 6 to 8 side-dish servings.

Nutrition information per serving: 207 cal., 5 g pro., 20 g carbo., 13 g fat, 0 mg chol., 346 mg sodium, 2 g dietary fiber. U.S. RDA: 38% vit. C.





PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS
Now there are two loose-leaf Better Homes and Gardens® cookbooks! The famous red plaid *New Cook Book* has 1,251 tested recipes. The solid-red *My*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

Fresh Summer Salads

File under Salads
July 1987



$50 WINNER *Mrs. Cyndi Veth, Bremerton, Wash.*

Anise Marinated Fruit Bowl

Cyndi tells us that this recipe is always a winner at potlucks and parties. And we agree. The delicate marinade adds an exquisite flavor to the colorful fruit—

- 2 tablespoons aniseed
- 1 cup water
- ¾ cup sugar
- 1 tablespoon lemon juice
- ½ of a small pineapple
- ½ of a small honeydew melon
- ½ of a small cantaloupe
- 1 orange, peeled, sliced, and quartered
- 1 nectarine, cut into thin wedges
- 1 plum, cut into thin wedges
- ½ cup seedless red *or* green grapes
- ½ of a lime, sliced

Place aniseed in the center of an 8-inch square of several layers of cheesecloth. Bring edges together; tie with string. For marinade, in a small saucepan combine the aniseed bag, water, sugar, and lemon juice. Bring to boiling, stirring till sugar dissolves. Cook, uncovered, over medium heat for 5 to 7 minutes or till golden and the consistency of a thin syrup (should have about 1 cup syrup). *Do not* remove bag. Cool syrup slightly.

Wash and peel pineapple; remove eyes and core. Cut fruit into bite-size pieces. With a melon baller, scoop balls from honeydew melon and cantaloupe.

In a 3- or 4-quart bowl combine fruits (should have about 9 cups fruit total). Add syrup; toss till fruit is well coated. Marinate, covered, in the refrigerator several hours or overnight, stirring occasionally. Remove aniseed bag. Serve on *cabbage*- or *lettuce*-lined plates. Makes 10 servings.

Nutrition information per serving: 119 cal., 1 g pro., 30 g carbo., 1 g fat, 0 mg

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

Fast-Fixin' Chicken

File under Poultry
July 1987



$50 WINNER *Gloria T. Bove, Bethlehem, Pa.*

Italian Artichokes and Chicken

Elegance and fast cooking do go together. Gloria's rich chicken recipe can be ready in 20 minutes or less—

- 3 whole medium chicken breasts (about 2¼ pounds total), skinned, boned, and halved lengthwise
- 1 clove garlic, minced *or* ½ teaspoon bottled minced garlic
- 2 tablespoons margarine *or* butter
- 1 10¾-ounce can condensed cream of chicken soup
- 1 8-ounce carton dairy sour cream
- ½ cup shredded mozzarella cheese (2 ounces)
- ¼ cup dry white wine
- 2 tablespoons grated Parmesan cheese
- 1 6-ounce jar marinated artichoke hearts, drained and halved
- Hot cooked corkscrew macaroni *or* noodles (optional)
- 2 tablespoons snipped parsley

Rinse chicken; pat dry. In a 12-inch skillet cook garlic in hot margarine or butter for 15 seconds. Add chicken. Cook for 5 minutes or till light brown; turn once.

Meanwhile, in a medium mixing bowl stir together soup, sour cream, mozzarella cheese, wine, and Parmesan cheese. Add to skillet. Cover and cook 5 to 7 minutes more or till chicken is tender. Remove chicken to a platter or individual serving plates; keep warm. Stir sauce in skillet. Add artichokes. Cover and cook 1 to 2 minutes longer or till heated through. Serve with hot cooked macaroni or noodles. Sprinkle with parsley. Makes 6 servings.

Nutrition information per serving: 353 cal., 33 g pro., 8 g carbo., 20 g fat, 100 mg chol., 627 mg sodium, 0 g dietary fiber. U.S. RDA: 17% vit. A, 15% riboflavin, 61%

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Freshens with every step.®

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PARENTING

KIDS AND MONEY

TOTS TO TEENS, TEACHING THE BASICS

By John Rosemond

TWO SIDES OF THE COIN

Teaching your children about money is essential if you want them to understand how the world works. In raising a "money-wise" child, instilling a set of healthy, humanitarian values about money is just as important as teaching money management. Lessons on both sides of this coin should begin early and continue well into the teen years.

FIRST EXPERIENCES

Three years old isn't too early to start learning about money. Teach your child simply to identify money on sight. While you shop, show your youngster how you make purchases and explain that nearly everything costs money. Later, supervise as your child makes a simple purchase.



No matter what your child's age, there are some valuable lessons to be learned about money.

With a child of five or six, you can begin teaching the names and relative values of the various pieces of currency. This is a good time to introduce a piggy bank. The next lesson—that the amount of money in one's possession limits purchasing power—takes time and lots of patience. To help this understanding develop, have your child match small amounts of money to things that are affordable.

ALLOWANCES

It's wise to start a child on a small allowance around the same time the

continued on page 54

When not at his practice in Gastonia, North Carolina, family psychologist John Rosemond conducts workshops.

The most important part of Trane's best air conditioner is made out of paper



Everything about Trane XL 1200 central air conditioners and XL 1200 Weathertron® heat pumps is quality.

Including air conditioning energy efficiency up to 50% greater than the unit in your home.*

But the most comforting feature of the Trane XL 1200 may be its exclusive 10 year limited warranty on the compressor and coil. Protection that's twice as long as most others.



Ask an authorized Trane dealer for complete warranty details. Ask, too, about all the quality features that made our extraordinary warranty possible. Find your local Trane dealer in the Yellow Pages. The Trane Company.

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TRANE

50 million people take comfort in it

*Based on comparison with 10 year old units with an average SEER of 7.2 and the XL 1200 SEER of 11.06.

7008 © American Standard Inc. 1987

continued from page 52

subject of money comes up in kindergarten or first grade. But don't simply stop there. While you shop, explain how to read price tags. Involve your youngster as you comparison shop and look for sales.

How much allowance? The dollar amount must be tempered by your family's situation, of course, but here are some weekly figures I find reasonable:

Age 6: $1
Age 8: $2
Age 10: $3
Age 12: $5
Age 16: $10

Don't tie an allowance to routine family tasks. Chores help a child develop responsibility and self-discipline. An allowance helps a child develop money-management skills. Make sure the two lessons don't get confused.

Money should *not* be used as a reward. "Buying" good grades or behavior keeps your child from learning that such things are intrinsically rewarding. Praise and privilege are much better reinforcers.



It is almost never too early to introduce two important ideas about money: saving and spending wisely.

TEENS AND MONEY

Encourage your teens to supplement their allowances with jobs like babysitting and grass cutting. Once a teenager is earning regular income, you can discontinue the allowance. On special occasions, however, don't be afraid to supplement a child's income.

A teenager should have both a checking and a savings account. Parents should encourage the habit of saving a portion of regular income. These youngsters also should know about other types of products that banks provide—certificates of deposit, savings bonds, and so on.

You might even consider helping an older teen obtain a credit card. Some credit card companies offer "student cards." They carry a lower credit limit, and you must cosign the application.

YOU'RE STILL IN CONTROL

Parents have a right—even a duty—to keep their kids from spending money irresponsibly or in ways that are incompatible with the family's values.

For teens, a helpful rule is: "If the item you want costs more than $25, you must first discuss it with us."

LIFELONG LESSONS

The most important lessons are the ones that parents communicate primarily through example. From time to time, ask yourself:

- Do my children see me using money wisely, or do they often see me spending it frivolously?
- Do they see me sharing a portion of my funds charitably with others?
- Are my words and actions concerning money consistent?



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rdinary bleaches, Borateem is so gentle, it's
afe for even your most delicate items.



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All that from a simple, striped white box that sits on the supermarket shelf, right next to the ordinary bleaches.

The only bleach with borax.

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Tru-Test® WeatherAll® Acrylic Latex House Paint has proved its endurance at Tru-Test's exposure-test labs in Northern Illinois. Season after season, year after year, this unique acrylic formula stands up to wind-driven sleet and snow, seeping moisture and scorching sun. And keeps its fresh-painted beauty through it all. Special preservatives fight mildew, fading and discoloration. The tough latex bond adheres without cracking as surfaces shrink and swell. The paint breathes to resist blistering and peeling.

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FLAT, SATIN OR GLOSS

We build our stoves without compromise

This season, Consolidated Dutchwest introduces its all new line of stoves, re-engineered to meet environmental standards for 1990 and beyond. Most stoves already meet Oregon and Colorado standards for 1987 and 1988, and EPA (federal) standards for 1988 *and* 1990. The Large Federal Convection, our most popular model, achieves an overall efficiency rating of 78.8%, while its smoke emissions are *less than half* the maximum permitted under the rigid federal standard for 1990!

What this high-efficiency technology offers you is substantial fuel savings. Fuel savings with efficient, Consolidated Dutchwest catalytic stoves can range from one-third, compared to ordinary airtight stoves, to over four-fifths when compared to a fireplace. This means less work if you cut your own wood, and much lower costs if you purchase it. And, low smoke emissions means less creosote for a cleaner, *safer* chimney.

Durable, Easy to Use and Beautiful

Consolidated Dutchwest stoves offer more than outstanding performance. Each is built from solid cast iron, for durability and long life. All stoves are designed to be easy to use. Standard features on most models include an ashbin with drawer for easy cleaning, front and side doors, and grates for quick fire starting, even with unseasoned wood or hard coal.

All models have a polished cook top and glass viewing windows. Most can burn wood or coal, and have firescreens for open-fireplace burning. Blowers are available with our popular Convection Heaters, which can be installed freestanding or as fireplace inserts. Each stove is patterned upon elegant, Federal-period styling, and features solid brass trim. They are efficient, easy to use, classically beautiful, and reasonably priced.

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10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Feb.'85

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AT LAST, the best nighttime pad ever, with 50% more coverage than ordinary maxis – to protect your new nighties, your baby blue sheets, and your beauty sleep.



Introducing new OVERNITES from KOTEX.

100 IDEAS UNDER $100

By Steven Coulter

Do it yourself and you can make any of these projects for under $100. **We show you how!**

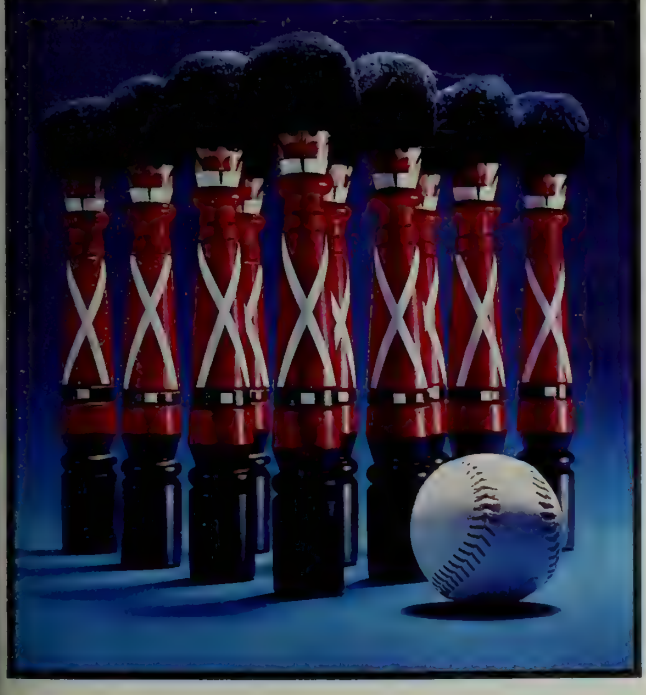
1 PASTA WORKTABLE



● **$45. PVC legs make this project lightweight.** When it comes time to change your address, simply remove eight bolts to knock down the unit to a flat pile of pieces that takes up little room.

2 SPINDLE TENPINS

● **$34. Turn spindles into soldiers.** Create a squad of redcoats by decorating 12-inch spindles with paint, white tape, and black pom-poms. Protect with several coats of varnish.



3 NEEDLEPOINT PINCUSHION

● **$5. Use up remnants.** The finished pincushion is about 2½ inches square on 18-mesh canvas, working with a single ply of Persian wool. Always work the design first, and then fill in with whatever colors you want. Reverse the colors on the back, if you wish.



SELECTED PROJECT PLANS, FULL-SIZE PATTERNS, AND KITS AVAILABLE FOR SOME IDEAS. SEE PAGE 154.

Buying guide, see page 153.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.

Photographs: William N. Hopkins
Design credits, see page 99.



APPLIQUÉD CHARMERS

4 BABY BALL

● **$12. Sew a 12-sided ball for baby.**

Capture baby's attention by burying a bell in the center of the ball.

TO ORDER FULL-SIZE PATTERN 01463, SEE PAGE 154.

5 DOLL PATCH QUILT

● **$17. Use fabric scraps to cut costs.**

We borrowed the 12 designs on the baby ball for this doll quilt.

TO ORDER FULL-SIZE PATTERN 01463, SEE PAGE 154.

6 KITCHEN HELPERS

● **$74 builds the seven pieces shown here.**

Laminate walnut and oak to construct these canisters, a knife block, and salt and pepper shakers.

TO ORDER PLAN 50686, SEE PAGE 154.



7 FOOTSTOOL SURPRISE

● **$45. Safe and secure.**

Keep important papers and other treasures safely underfoot in a fireproof lockbox.



Now you see it, now you don't!

8 ETCHED ACRYLIC TRIO

● **$29 creates all three projects.**

Spray glass frosting on acrylic panels or mirrors to obtain an inexpensive etched look. Hang the Pegasus panel in a sunny window.



100 IDEAS UNDER $100

Our full-size project plan makes cutting out and painting these carousel animals quick and easy.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.

9 SPINNING CAROUSEL



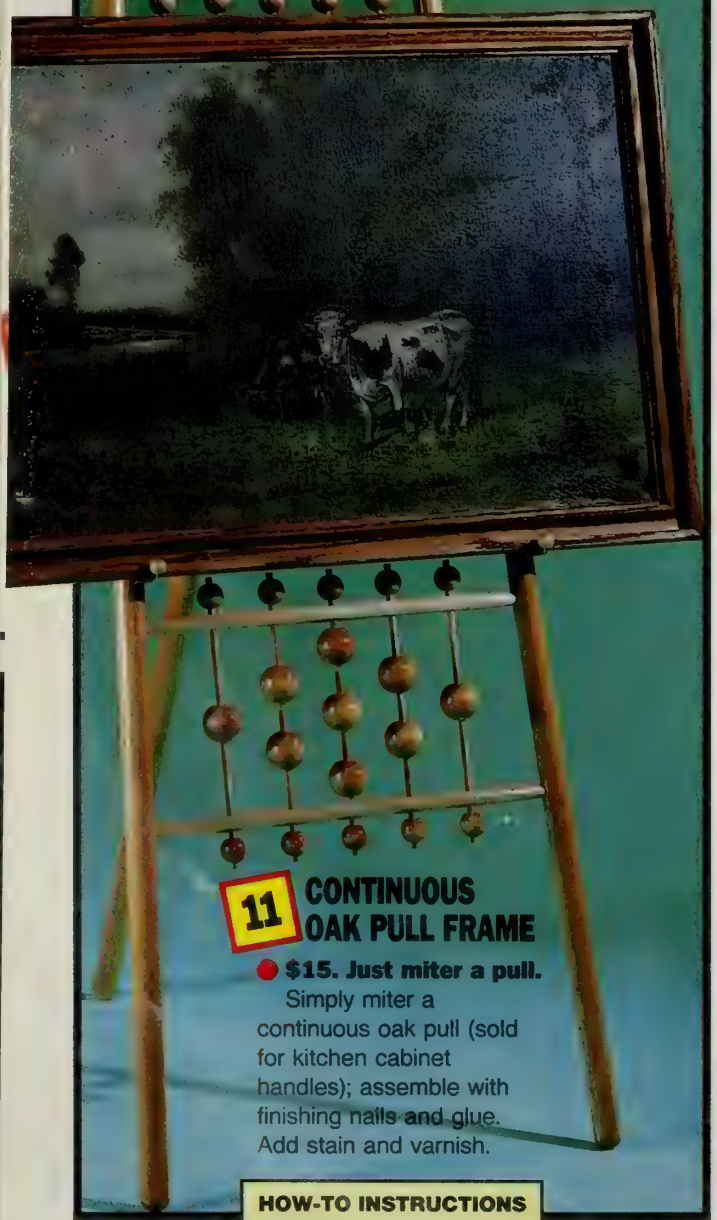
$50 Merry-go-round. Wind up this toy and it will twirl back and forth for a surprisingly long time. Duplicate our eight designs or use your own favorite animals for your carousel, if you wish.

TO ORDER PLAN 50698, SEE PAGE 154.

100 IDEAS UNDER $100

10 THREE-RAKE EASEL

$29. Make an easel from rakes and balls. Combine three garden rake handles, some dowels, and 38 wooden macrame balls to create a dandy Victorian-type easel. We gave ours a clear finish, but you may prefer to use an antique-looking dark finish.



11 CONTINUOUS OAK PULL FRAME

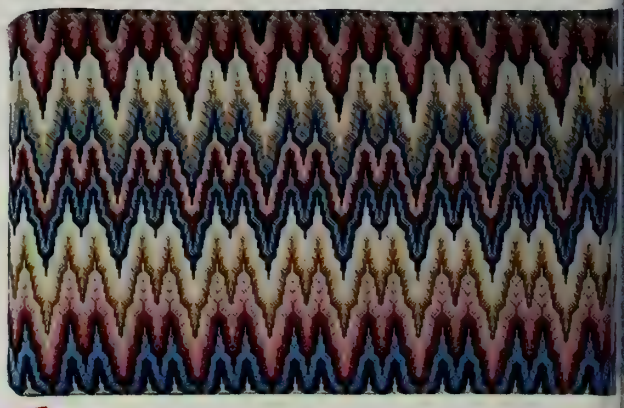
$15. Just miter a pull. Simply miter a continuous oak pull (sold for kitchen cabinet handles); assemble with finishing nails and glue. Add stain and varnish.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.



12 FOLDING TABLES

$33 builds two tables plus a carrying stand. Blind pivot hinges make building these folding tables easy. Simply drill two holes to install one.



13 BARGELLO BENCH

$72. Construct a bench; top it grandly. Cover a classic bench with elegant bargello in authentic Florentine flame stitches. The project plan includes building instructions plus a bargello pattern.

TO ORDER PROJECT PLAN 50684, SEE PAGE 154.





14 HIS & HER TOWEL BARS

● **$13 for two. Figural bars end towel confusion.**
Hang a bar for every member of the family.
TO ORDER PROJECT PLAN 50697, SEE PAGE 154.



15 SIMPLE PLATTER RACK

● **$7. This wall stand both displays and protects.**
Here's a platter holder that lets you easily lift the platter out to serve your Thanksgiving turkey.



16 PET PEGS

● **$12 each. Hang them within a child's reach.**
Add four pegs to each child's favorite animal.
TO ORDER PROJECT PLAN 50693, SEE PAGE 154.

17 SILVERWARE CHEST

● **$94. You can cut the cost dramatically by using oak.**
This walnut chest with an inlaid shell contains a drop-in divider of tarnishproof Hagerty Silversmiths' Cloth with compartments for 108 pieces.
TO ORDER PROJECT PLAN 50703, SEE PAGE 154.





18 SIXTH-KNOT PILLOW

● **$10. Bias tape makes this project quick, easy.**
Leonardo da Vinci designed this pattern and called it The Sixth Knot. Here, the intricate knot is depicted with bias tape in the manner of Celtic quilting.



19 WASHINGTON MONUMENT

$45. Triangle pedestal.
Three beveled mirrors provide interesting reflections for this unique stand for a plant or vase or special piece of statuary.





20 BOOKENDS

$5. Bears flank books.
Stand up your books with a pair of wooden bears.

TO ORDER PROJECT PLAN 50688 FOR ALL THREE BEAR PROJECTS, SEE PAGE 154.

21 RAINBOW AFGHAN

$9. Crochet a throw from six skeins.
You won't be faced with leftover remnants when you crochet this bright child-size afghan. Pick six of your favorite colors and simply use up each skein before adding another color.





A COUNTRY TOUCH

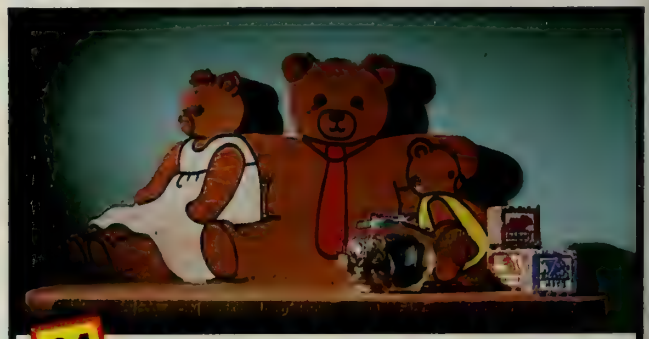
22 STENCILED TOWELS

$3 each. Precut stencils make it quick, easy.
The variety of stencils available lets you dress up plain towels with just about any design imaginable.

23 COUNTRY COMMODE

$99 builds it from birch.
This good-looking cabinet offers handy storage.

TO ORDER PROJECT PLAN 50709, SEE PAGE 154.



24 THREE BEARS SHELF

$5 The only thing missing is Goldilocks.
Our three bears shelf is so simple, you'll want to make several for gifts for all your bear-loving friends.

TO ORDER PROJECT PLAN 50688 FOR ALL BEAR PROJECTS (NUMBERS 20, 24, 58), SEE PAGE 154.

100 IDEAS UNDER $100

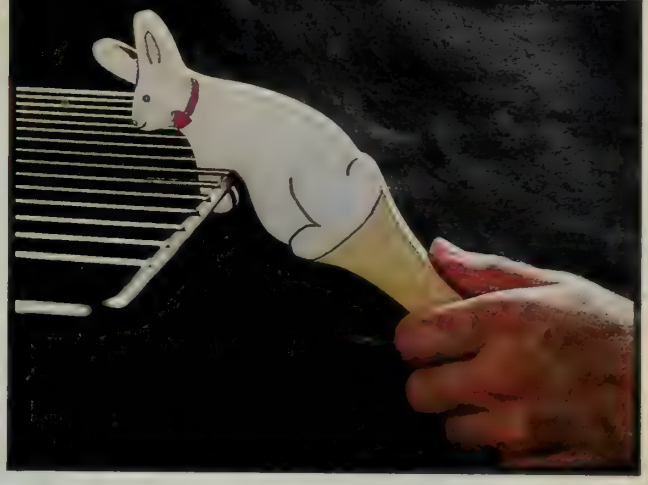
25 OVEN AID

● **$4. Don't get burned!**

Use a wooden bunny to pull and push a hot rack.

TO ORDER PROJECT PLAN 50697 FOR FIVE KITCHEN AND BATH IDEAS, SEE PAGE 154.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.



26 GREAT HORSE!

● **$90. Create a future heirloom.**

This wonderful old-timey glider is constructed from pine dimension lumber. The stirrups are authentic.

TO ORDER GLIDER HORSE PROJECT PLAN 50696, SEE PAGE 154.

100 IDEAS UNDER $100

27 MEASURE UP!

$20. Guard your child's growth.

Cut out our soldier or paint it on a wall or the back of a door. Adhesive numbers simplify making the rule.

TO ORDER PLAN 50687, SEE PAGE 154.



28 TRAYS

$18 builds a pair.

These trays stack to save you steps when you're entertaining outdoors.



29 TURKEY PEACOCK

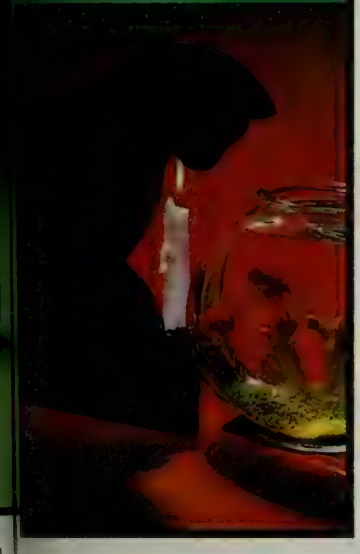
$10. Fan out your crayons.

A jigsaw and drill make quick work of this wooden bird. It's simply three pieces of wood with two rows of holes in the top to hold a bunch of crayons.

TO ORDER PROJECT PLAN 50693, SEE PAGE 154.







30 ONE CAT, TWO LIVES

$7. A cutout cat can serve various purposes.

Our winsome watch cat can hold a roll of paper towels, throw a shadow from a candle, or contemplate a goldfish.

TO ORDER PROJECT PLAN 50697 FOR THIS IDEA PLUS FOUR OTHER KITCHEN AND BATH PROJECTS (NUMBERS 14, 25, 57, AND 93), SEE PAGE 154.



BABY QUILT 31

$30. Quilter's delight.

Designer Nancy Smith calls her creation "Fly Away," with its flock of butterflies fluttering over a bed of posies. Note Nancy's marvelous quilting in the center oval.

TO ORDER PATTERN 01462, SEE PAGE 154.



32 JOLLY GREEN CHOPPER

$86 will land one in your backyard.

Here's a play structure that will provide many hours of fake flying fun for kids. Top the movable joy stick with a bike handle grip.

TO ORDER PLAN 50705, SEE PAGE 154.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.



33 CANVAS MAP CASE

● **$5. Corral your road maps.**

Machine-stitch four 4½-inch pockets on an 18×20-inch piece of canvas or heavy fabric. Add a ribbon to tie your case shut, and adhesive letters.

DESKTOP DUO

34 PENCIL CADDY

● **$13. End clutter.**

Build a troughlike box to hold pens and pencils. Partition one end for paper clips or stamps. A hinged lid conceals all.

35 ADDRESS FILE

● **$5. A simple box.**

Stop address book cross-outs! Long wood blocks in the bottom of the box help keep your address cards upright.





SUMMER FUN AFOOT

36 BUG-EYED FROG

● **$9. Stitch and stuff a whimsical squatter.**

We found a worn-out antique stuffed frog at an estate sale, and decided to resurrect it in green corduroy with a sunny yellow belly.

TO ORDER FROG PATTERN 01467, SEE PAGE 154.

37 COLORFUL FOOTWEAR

● **$5. Personalize sandals and tennis shoes.**

Use a hot glue gun to wrap ribbon on sandals. Overlap ribbon slightly and glue at each turn. Free-hand acrylic painting dresses up the tennis shoes. Replace the laces with bright ribbons.

WHALE OF A HARP 38

● **$15. Pluck a whale.**

This little eight-string instrument can be either plucked like a harp or struck with small mallets like a hammered dulcimer. Our whale is 12 inches long.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.



100 IDEAS UNDER $100

39 FAN FRAME



● $10. Fashion a half-round frame.

Emphasize a picture's composition when you frame it. This blowup of a family outing, circa 1910, lent itself to a fan-shaped cropping. We cut our frame from ¾-inch plywood.



40 TRUCK BED

● $99. A versatile sleep-study-play center.

Here's a fun single bed frame for a child's room, with the bonus of a desk and toy box in the cab of the truck. A discarded license plate gives an authentic touch to the bumper. A pair of bookends could hold a row of books atop the cab.

TO ORDER TRUCK PLAN 50691, SEE PAGE 154.





41 PET ID

$10. Personalize your best friend's collar.

If your pet gets loose, help a Good Samaritan learn its identity and help the runaway home. Use a waterproof, nontoxic pen to mark your pet's collar with its name and your phone number. If there's room on the collar, repeat the name and number.



100 IDEAS UNDER $100

42 FRIENDLY TOTE

$23. Appliqué a smile.

Quilt this spacious tote bag, and you'll be greeted with friendly smiles everywhere you carry it.

TO ORDER FULL-SIZE PATTERN 01465 FOR TOTE BAG, SEE PAGE 154.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.

43 ALL-WEATHER BENCH

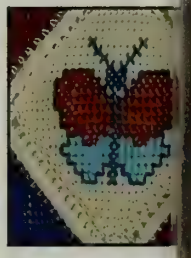


TO ORDER BEN PLAN 50683, S PAGE 154.

$47. Place this bench indoors or out.

If you plan to put your bench outdoors, use a powdered resin glue and an exterior oil finish.

WARM, HOMEY



44 DIAMOND AFGHAN

$35. Crochet plus cross-stitch.

Crochet a diamond afghan, then cross-stitch butterflies from leftover yarn.

45 BLANKET CHEST

$95. This trunk can double as a coffee table.

Use tongue-and-groove beaded ceiling paneling.

TO ORDER PROJECT PLAN 50702, SEE PAGE 154.



46 HIP HIPPOS

● **$67. Coordinate your nursery with hippos.**

HENRIETTA HIPPO CRIB QUILT
Enchant a baby with our big-eyed Henrietta and baby.

HENRIETTA WALL HANGING
The pockets hold changing supplies close at hand.

HENRY HIPPO PILLOW
You can open Henry's mouth to reveal his big teeth.

SOFT-SCULPTURE MOBILE
CAUTION: Hang any mobile well out of baby's reach.

TO ORDER FULL-SIZE PATTERN 01461 FOR ALL THE HIPPO PROJECTS, SEE PAGE 154.



HENRIETTA HIPPO CRIB QUILT

SOFT-SCULPTURE MOBILE

HENRY HIPPO PILLOW

HENRIETTA WALL HANGING



CANDLE POWER!

47 WALL SCONCE

● **$4. Candlelight lends romance.**

Making these mission oak wall sconces is easy, thanks to the preturned candle cups. The half-lapped pieces are cut from a length of 1×1. Cut 45-degree angles on all ends.



48 CHANDELABRA

● **$17. Suspend eight candles from the ceiling.**

Combine four oak wall sconces with spacers and suspend this elegant arts-and-crafts-style chandelier over your dining table or in a high-ceilinged entryway.

49 ENTERTAINMENT CENTER

● **$98. Stash all your audiovisual equipment.**

This mission oak cabinet will hold your television, VCR, tapes, and albums. Concealed carpet casters make the unit mobile. Adjust the shelf dimensions to hold your stereo equipment, if desired.

TO ORDER PROJECT PLAN 50682, SEE PAGE 154.



PERRY STRUSE



50 KEEPSAKE SHELVES

● **$18. Corral your collectibles.**

A gothic-inspired whatnot shelf displays a collection of shaving mugs on a bathroom wall.

TO ORDER PROJECT PLAN 50699, SEE PAGE 154.

100 IDEAS UNDER $100

We try to include projects for every level of expertise . . . or lack thereof.

51 WIND CATCHER



$16. Fly a dazzling dragonfly. Is it a bird? Is it a plane? No, it's a giant fabric dragonfly to flutter in the breeze on your patio or deck. Use a cotton blend or nylon taffeta fabric; hot-knife cutting works well for the latter. You'll need 5 feet of 3/32-inch fiberglass rod and 4 end caps.

MISSION POSSIBLE

PERRY STRUSE

52 FOLDING SCREEN

$44. Patience, please! Frankly, this project is for advanced woodworkers who enjoy cutting mortises and tenons. The inserts are matchstick blinds.

53 MITERED PEDESTAL

$35. Show off the oak grain on all sides. Miters make this pedestal stand out.

TO ORDER PROJECT PLAN 50681 FOR BOTH SCREEN AND PEDESTAL, SEE PAGE 154.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.



54 LEARNING SHOE

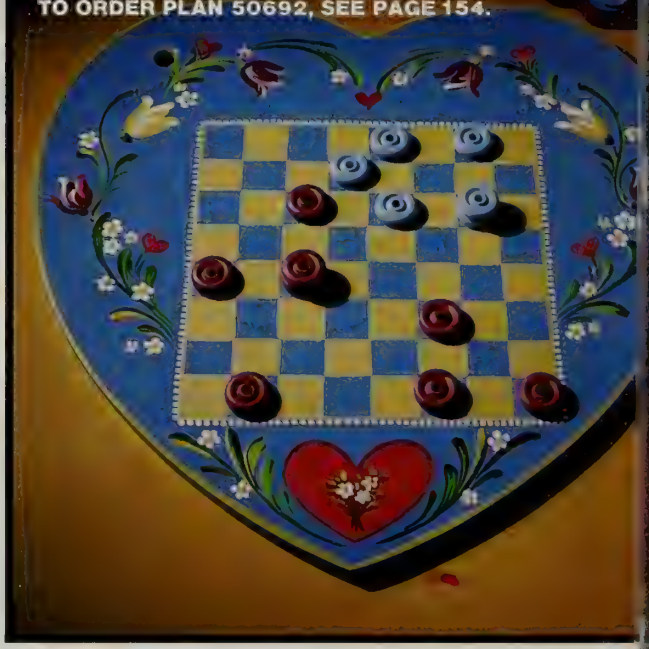
$19. "... was an old lady who lived in a shoe." Our Shoe family will help a preschooler master buttons, snaps, laces, and touch fasteners.

TO ORDER PATTERN 01466, SEE PAGE 154.

55 CHECKERED HEART

$20. Playing pieces are wheels. Between games, store the playing pieces on the dowels. The tole painting will depend on your expertise with a brush. See the Buying Guide for a booklet that will teach you how.

TO ORDER PLAN 50692, SEE PAGE 154.



100 IDEAS UNDER $100

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.

59 FIVE-FOOT EXPRESS

$64. Here's a six-car train you'll treasure. To make building our wooden train easier, we used precut wheels, axles, smokestacks, people, and barrels. To get a good contrast between the parts, we built our train from walnut and oak; but you may prefer to use your own favorite woods. Or, use inexpensive materials and paint your train.

TO ORDER PROJECT PLAN 50685, SEE PAGE 154.





56 FRAMED FUCHSIAS

● **$15. Quick cross-stitch.** As charted, this design can also be needlepointed.

TO ORDER CHART 01464, SEE PAGE 154.

57 NAPKIN SCOTTIES

● **$4. Guard the napkins.** Quick and simple project.

TO ORDER PROJECT PLAN 50697, SEE PAGE 154.





58 ALPHA-BEAR CHAIR

● **$22. Adhesive letters make this project easy.** This doll chair is also a teaching aid, decked out with an entire alphabet and numbers one through 10.

TO ORDER PROJECT PLAN 50688, SEE PAGE 154.



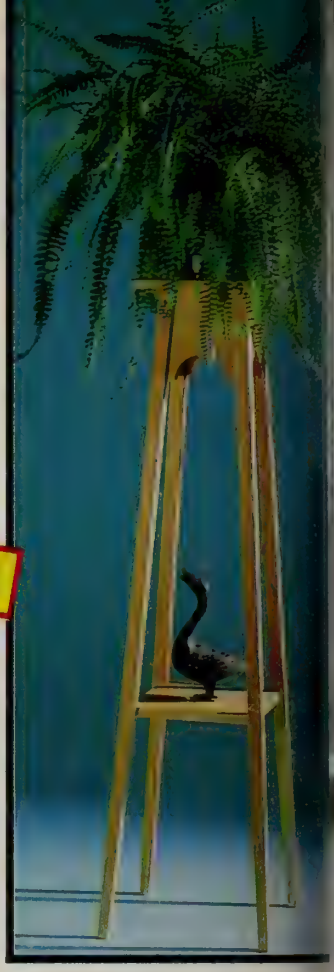
Gum balls in the center car convey some idea of the scale of our 5-foot-long train.



60 CLOSET CATCHALL

● **$66. Organize with bright baskets.**

With a little encouragement and this great storage center, any child should be able to keep his or her room picked up. The open baskets make seeing what's in them simple. Be sure the closet pole is at a level the child can reach.



PLANT STAND 61

● **$38. Give a fern a lofty perch.**

A pine stand more than 4 feet tall turns a simple houseplant into a dramatic decorating accent. Taper the legs below the bottom shelf on the inside only for a more graceful look. For a great grouping of plants, build three stands, each a different height.



62 "R-R-RIBBIT"

● **$12. A princely chair.**

This sturdy stylized child's chair stands 16 inches high.

TO ORDER PLAN 50690, SEE PAGE 154.



63 MODEL PEN SET

● **$5. SIDE-RAIL A CABOOSE.**

Retire a favorite model train engine or caboose. Simply secure two lengths of track to a block of wood, and drill angled holes for a pair of wooden model train smokestacks. Drill holes in the stacks to hold a pair of pens. Quick, easy, and inexpensive!

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.



77 LOG CABIN QUILT

● **$70. We found this award winner at the fair.**
Sunshine and shadows (light and dark bands) result when you position your pieced log cabin blocks in the right combination. For the most dramatic effect, keep your color combinations fairly simple.

SLEEPY-HEAD SERVER 78

● **$18. Hinged legs fold underneath for storage.**
Build this bed tray from half a sheet of ½-inch plywood. Frame the tray with 1x4 pine. Attach the plywood legs with continuous hinges. Paint as desired.



100 IDEAS UNDER $100

79 TEA COZY

$20. Insulate your tea.

Use fabric paints to decorate bleached muslin with a country bunny in a checkerboard frame. Press for three minutes with an iron to set the colors. Add quilt batting, then quilt around the rabbit and the inner border. Sew bias tape around the edges.



81 HOME FOR TOYS

$84. Deluxe toy chest.

Add box lid supports to avoid smashed little fingers.

TO ORDER PROJECT PLAN 50694, SEE PAGE 154.



82 QUILTED TRIO

$24. A country touch.

Piece together blocks of your favorite quilt patterns and turn them into quilted muslin pillows.

80 EARTHBOUND AIRPLANE

$25. Coming in on a wing and a prayer.

Youngsters can ride on the wings or climb right through the fuselage of this motorless plane. Position it under a shade tree or hang it a few inches off the ground from a sturdy support.

TO ORDER PROJECT PLAN 50704 FOR THE AIRPLANE, SEE PAGE 154.



83 DOLL GAZEBO

$34. Barbie, you never looked lovelier!

Your glue gun will get a real workout with this miniature gazebo topped with wood shingles.



TO ORDER PLAN 50706, SEE PAGE 154.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.

FUN W

Limit your colors for a

84 QUICK FELT FRAME

● **$11.** Cut out and glue checkerboards and sheep

85 CIRCLE OF HARES TA

● **$13.** You may need to fit the diameter and hang

86 QUARTET OF FELT PI

● **$19.** Appliqué your fav pillows. Use contrasting cc designs stand out.

87 FRINGED APPLIQUÉ A

● **$29.** Add felt flowers tc throw trimmed with 6-inch-

88 RABBIT PATCH RUG

● **$16.** This fun felt rug c the previous four felt proje

TO ORDER ALL FELT PATTERNS 01468, SEE PAGE 154.



ORDER PLAN 50697 FOR POLLY RACK AND FOUR OTHER PROJECTS, SEE PAGE 154.

y

NS

95

SOUTHWEST HERITAGE

Quilt, $99; rug, $20; hanging, $30; pillows, $8 e

Celebrate our American heritage in wools. These ramatic Indian motifs will give any bedroom a special air. Or, use the rug, wall hanging, and pillows to ecorate your living room, if you prefer. The quilt will e very warm and heavy, so you may wish to ubstitute other fabrics for the wools. Different naterials would also reduce your costs considerably.

O ORDER FULL-SIZE PATTERN 01451 FOR ALL HE WOOL PROJECTS SHOWN HERE (QUILT, RUG, ALL HANGING, AND PILLOWS), SEE PAGE 154.



The quilt is a sampler of Indian motifs.



100 IDEAS UNDER $100

SUN FUN!

Clothesline, grommets, canvas, and two 2×2s are all you need to make a sturdy, comfy hammock.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99.

100 SUNNING PLATFORM

● **$98. Try a contemporary approach to the traditional chaise longue.**

You'll be an expert at putting in grommets and lacing canvas to wood frames by the time you finish.

A TRIO OF CANVAS IDEAS

Three colorful, practical projects to make.

97 PRIVACY PANEL

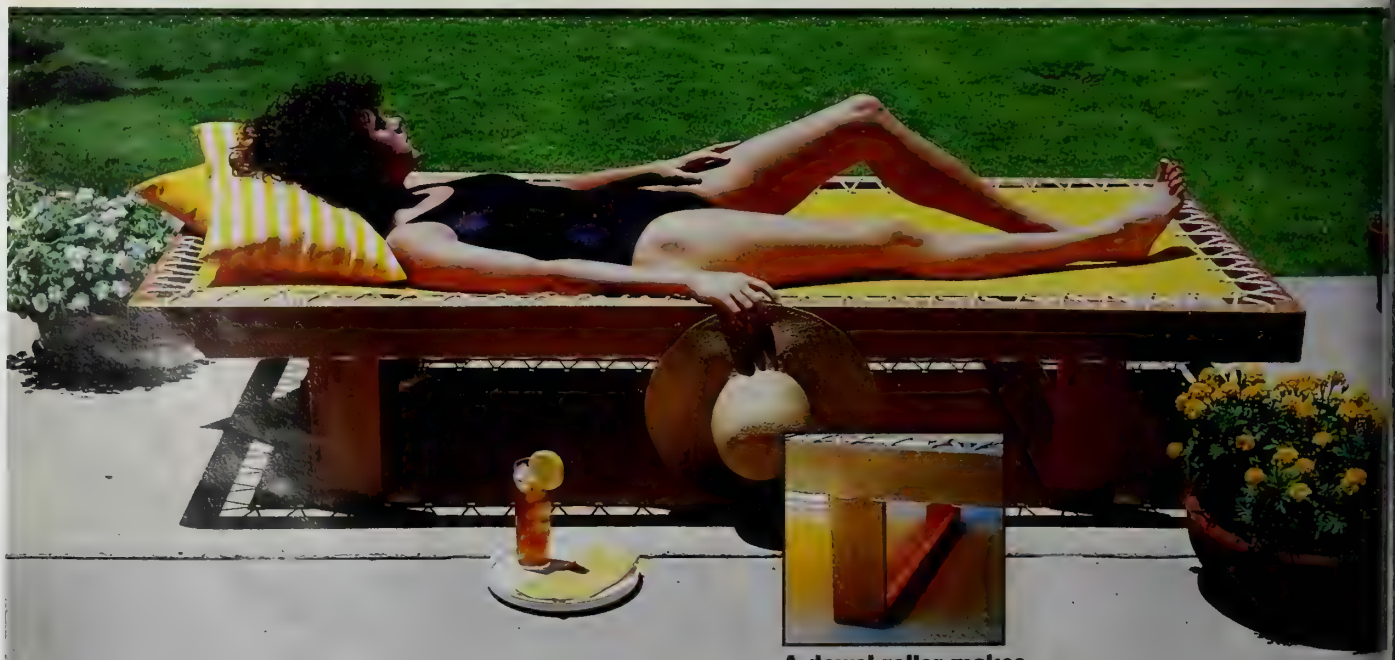
● **$95.** Build multiples for a screen or to form an enclosure next to a pool or spa.

98 SUN HAT

● **$8.** Here's a simple canvas sunbonnet to shade the ambitious gardener.

99 GARDEN TOTE

● **$22.** Reinforce canvas with thin acrylic to form a handy caddy to hold garden tools.



A dowel roller makes the platform mobile.



THE ALBA® SWIMSUIT ISSUE

Age 19 doesn't have a monopoly on looking and feeling terrific. And here are three women to prove it. What's more, they'll even tell you how they do it. Just turn the page for hot weather tips and cool ALBA treats. Then get ready to make a splash this summer.

Recipes Inside.





100 IDEAS UNDER $100

SUN FUN!

Clothesline, grommets, canvas, and two 2×2s are all you need to make a sturdy, comfy hammock.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 99

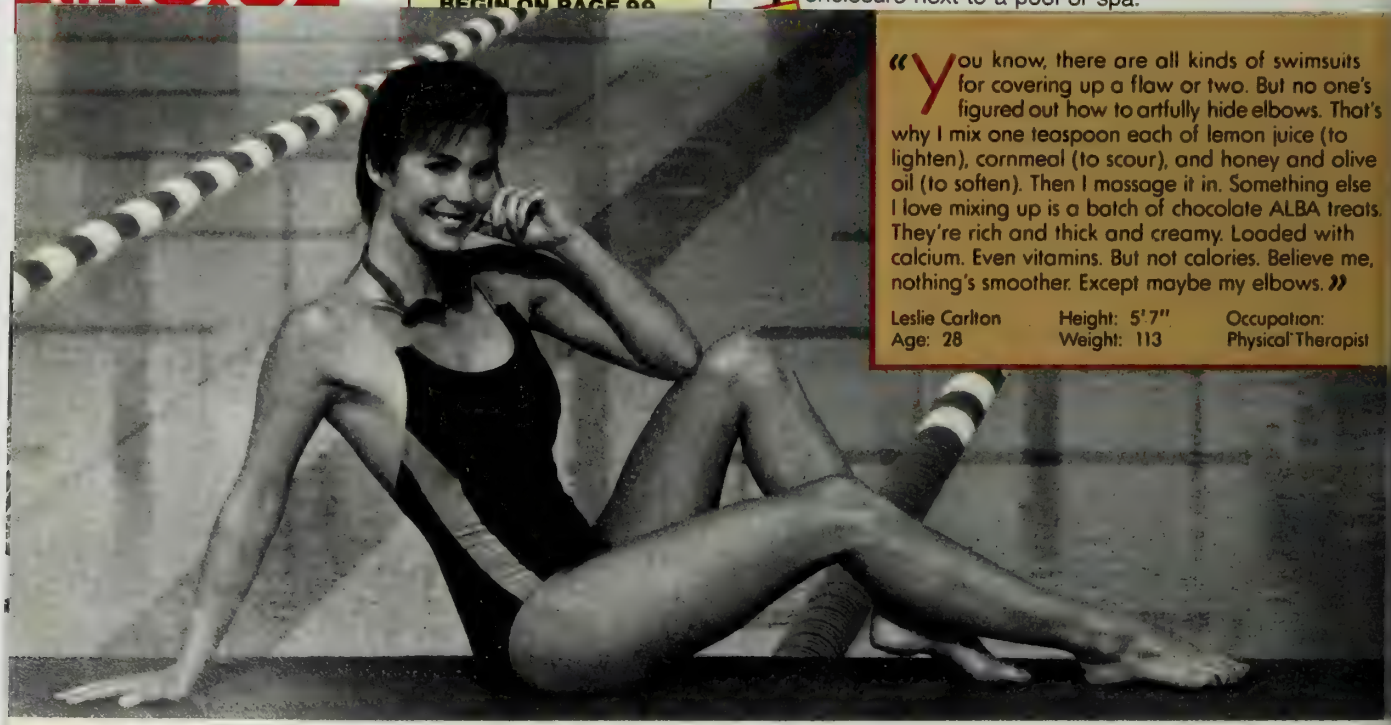
A TRIO OF CANVAS IDEAS

Three colorful, practical projects to make.

97

PRIVACY PANEL

● **$95.** Build multiples for a screen or to form an enclosure next to a pool or spa.



"You know, there are all kinds of swimsuits for covering up a flaw or two. But no one's figured out how to artfully hide elbows. That's why I mix one teaspoon each of lemon juice (to lighten), cornmeal (to scour), and honey and olive oil (to soften). Then I massage it in. Something else I love mixing up is a batch of chocolate ALBA treats. They're rich and thick and creamy. Loaded with calcium. Even vitamins. But not calories. Believe me, nothing's smoother. Except maybe my elbows."

Leslie Carlton
Age: 28
Height: 5'7"
Weight: 113
Occupation: Physical Therapist

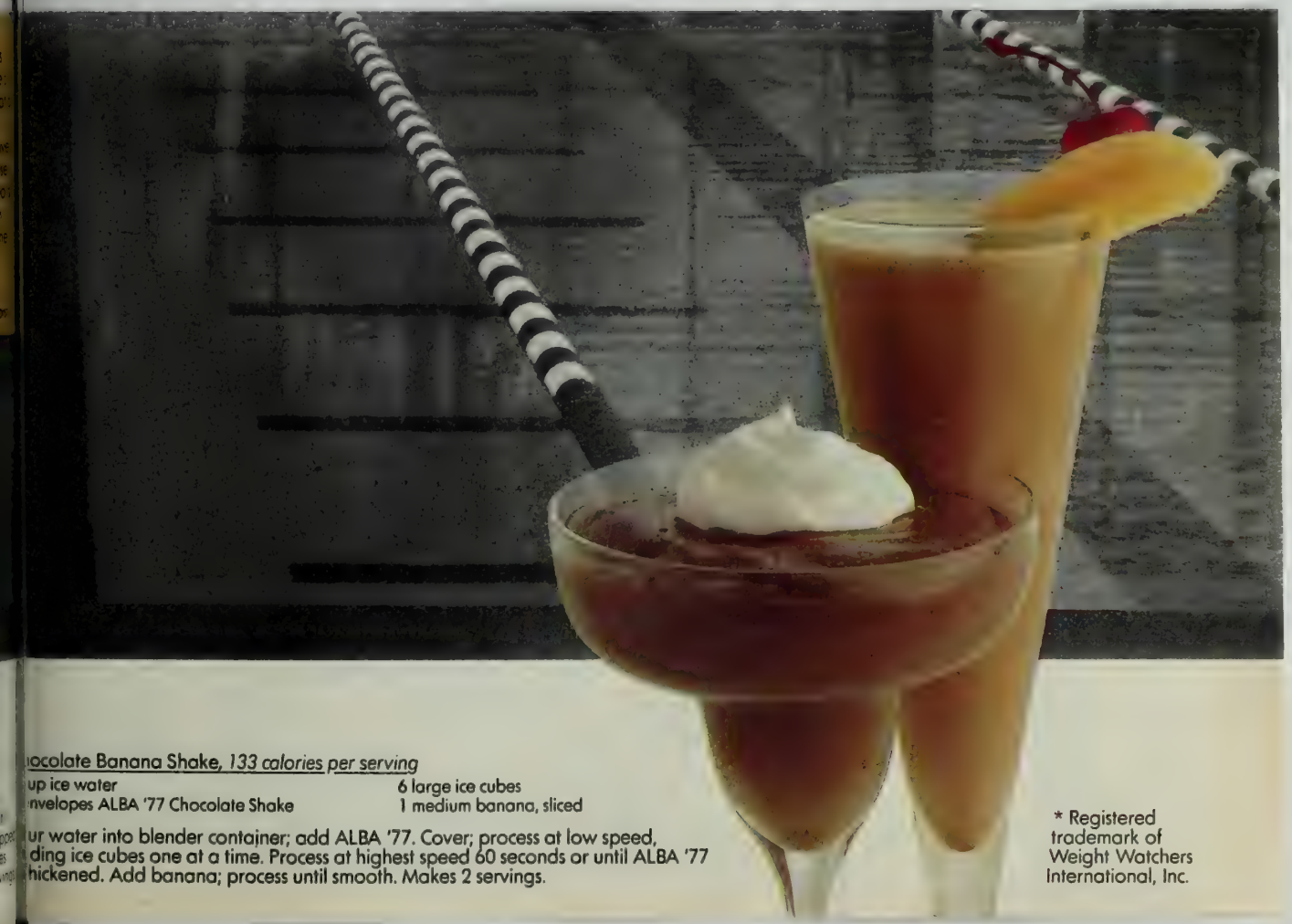
Shakes Without Rolls



Mocha Fluff, *75 calories per serving*

2 eggs, separated
1½ cups water
2 envelopes ALBA '77 Chocolate Shake
3 packets Weight Watchers® Sweet'ner (granulated sugar substitute)
1 teaspoon freeze-dried coffee
1 envelope unflavored gelatin
1 teaspoon vanilla extract
1 Tbsp granulated sugar
Frozen non-dairy whipped topping, thawed

In medium saucepan, combine egg yolks and water; blend in ALBA '77 and next 3 ingredients. Heat over low heat until ALBA '77 and gelatin are dissolved, stirring constantly; add vanilla. Cover; chill until mixture mounds slightly when dropped from a spoon. Beat egg whites until soft peaks form; gradually add sugar, beating until stiff but not dry. Fold egg whites into gelatin mixture. Pour into dessert dishes; chill thoroughly. Garnish with a dollop of whipped topping. Makes 6 servings.



ocolate Banana Shake, *133 calories per serving*

up ice water
nvelopes ALBA '77 Chocolate Shake
6 large ice cubes
1 medium banana, sliced

ur water into blender container; add ALBA '77. Cover; process at low speed, ding ice cubes one at a time. Process at highest speed 60 seconds or until ALBA '77 hickened. Add banana; process until smooth. Makes 2 servings.

* Registered trademark of Weight Watchers International, Inc.



100 IDEAS UNDER $100

SUN FUN!

Clothesline, grommets, canvas, and two 2×2s are all you need to make a sturdy, comfy hammock.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 20

A TRIO OF CANVAS IDEAS

Three colorful, practical projects to make.

97

PRIVACY PANEL

● **$95.** Build multiples for a screen or to form an enclosure next to a pool or spa.



Peach Bavarian Cream, *50 calories per serving*

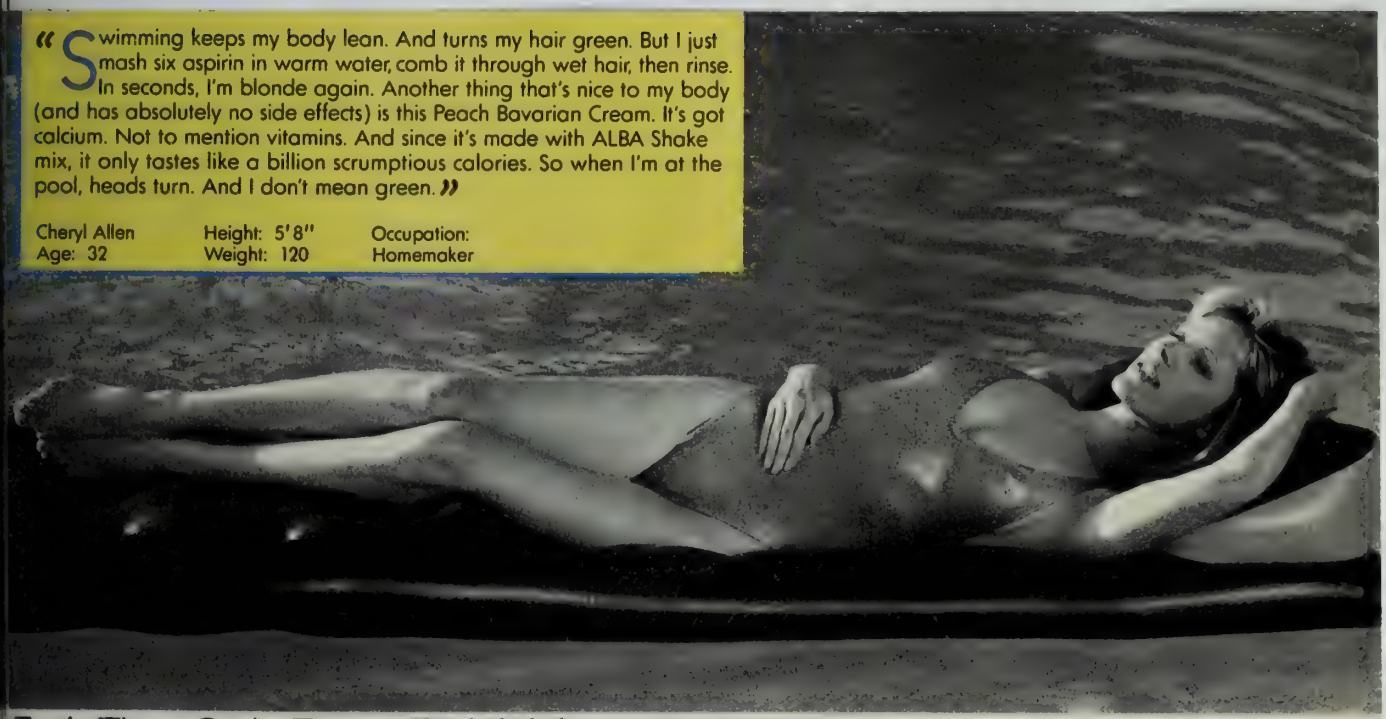
½ cup cold water
1 envelope unflavored gelatin
½ cup skim milk
2 envelopes ALBA '77 Vanilla Shake
1 teaspoon vanilla extract
6 large ice cubes
* 2 medium peaches, peeled, cut into bite-size pieces

In a small saucepan, sprinkle gelatin over water; let stand 1 minute. Stir over low heat until gelatin is completely dissolved; cool slightly. In blender container, combine milk, ALBA '77, vanilla and gelatin mixture. Cover; process at low speed 30 seconds, adding ice cubes one at a time. Process at highest speed until mixture thickens and just begins to set. Transfer to bowl; fold in peaches. Spoon into dessert dishes. Serve at once. Makes 6 servings.

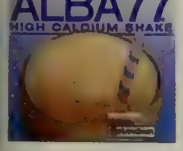
* 1 cup unsweetened frozen sliced peaches, thawed, may be substituted.

"Swimming keeps my body lean. And turns my hair green. But I just mash six aspirin in warm water, comb it through wet hair, then rinse. In seconds, I'm blonde again. Another thing that's nice to my body (and has absolutely no side effects) is this Peach Bavarian Cream. It's got calcium. Not to mention vitamins. And since it's made with ALBA Shake mix, it only tastes like a billion scrumptious calories. So when I'm at the pool, heads turn. And I don't mean green."

Cheryl Allen
Age: 32
Height: 5'8"
Weight: 120
Occupation:
Homemaker



Fruit That Only Tastes Forbidden



Ambrosia Cream, *75 calories per serving*

¼ cup cold water
1 envelope unflavored gelatin
¾ cup chilled orange juice
1 envelope ALBA '77 Vanilla Shake
3 large ice cubes
1 medium orange, peeled, sectioned, cut into bite-size pieces
⅓ cup flaked coconut
Toasted flaked coconut

In small saucepan, sprinkle gelatin over water; let stand 1 minute. Stir over low heat until gelatin is completely dissolved; cool slightly. In blender container, combine orange juice, ALBA '77 and gelatin mixture. Cover; process at low speed 30 seconds, adding ice cubes one at a time. Process at highest speed until mixture starts to thicken. Stir in orange and the ⅓ cup coconut; spoon into dessert dishes. Chill. Garnish with a few flakes of toasted coconut. Makes 5 servings.



100 IDEAS UNDER $100

SUN FUN!

Clothesline, grommets, canvas, and two 2×2s are all you need to make a sturdy, comfy hammock.

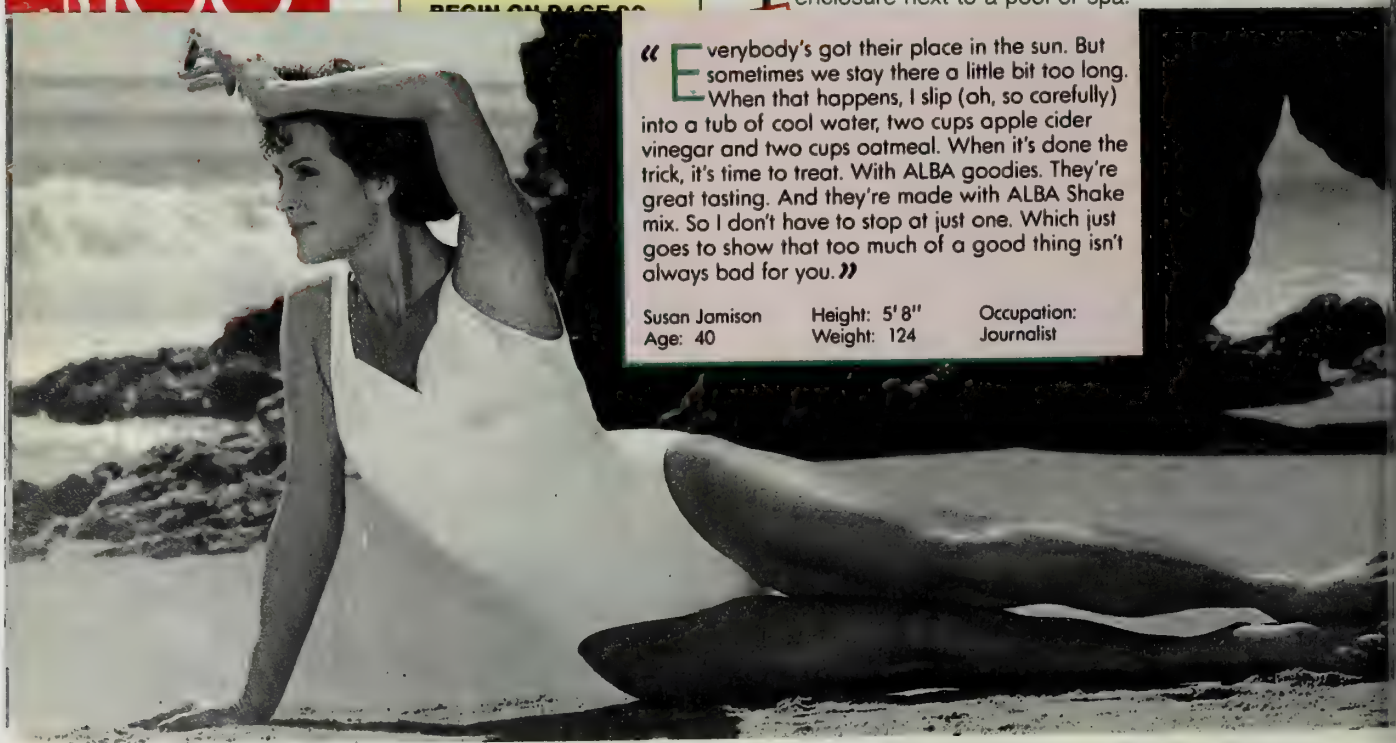
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A TRIO OF CANVAS IDEAS

Three colorful, practical projects to make.

97 **PRIVACY PANEL**

● **$95.** Build multiples for a screen or to form an enclosure next to a pool or spa.



"Everybody's got their place in the sun. But sometimes we stay there a little bit too long. When that happens, I slip (oh, so carefully) into a tub of cool water, two cups apple cider vinegar and two cups oatmeal. When it's done the trick, it's time to treat. With ALBA goodies. They're great tasting. And they're made with ALBA Shake mix. So I don't have to stop at just one. Which just goes to show that too much of a good thing isn't always bad for you."

Susan Jamison
Age: 40
Height: 5'8"
Weight: 124
Occupation: Journalist

Yum Yums That Won't Put You In Muu Muus



Pink Cloud, *45 calories per serving*

¼ cup cold water
1 envelope unflavored gelatin
½ cup chilled unsweetened pineapple juice
2 envelopes ALBA '77 Strawberry S
8 large ice cubes

In small saucepan, sprinkle gelatin over water; let stand 1 minute. Add pineapple juice; stir over low heat until gelatin is completely dissolved. Cool slightly. In blender container, combine ALBA '77 and gelatin mixture. Cover; process at low speed, quickly adding ice cubes one at a time. Process at highest speed until mixture thickens and just begins to set. Spoon into dessert dishes. Garnish with whole strawberry, if desired. Serve immediately. Makes 5 servings.



Hawaiian Berry Smoothie, *102 calories per serving*

- ½ cup ice water
- ½ cup chilled pineapple juice
- 2 envelopes ALBA '77 Strawberry Shake
- 6 large ice cubes

Pour water and juice into blender container; add ALBA '77. Cover; process at low speed, adding ice cubes one at a time. Process at highest speed 60 seconds or until ALBA '77 is thickened. Makes 2 servings.



IDEAS UNDER $100

SUN FUN!

Clothesline, grommets, canvas, and two 2×2s are all you need to make a sturdy, comfy hammock.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 98

A TRIO OF CANVAS IDEAS

Three colorful, practical projects to make.

97

PRIVACY PANEL

● **$95.** Build multiples for a screen or to form an enclosure next to a pool or spa.



Peachy Vanilla Shake
90 calories

Taffy Mint Cooler
86 calories

Tropical Limelight Shake
75 calories

Chocolate Chunks
9 calories each

Pineapple Cheesecake
91 calories

Banana Pops
36 calories

More Yummy Treats That Are Okay To Eat.

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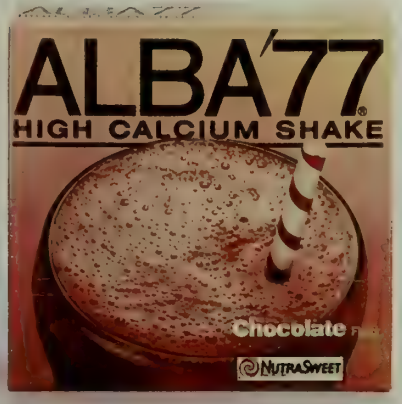
Alba's
Gonna
Shake
Up
Your
Summer.

00 IDEAS UNDER $100

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ANSWERS TO FLOWER BED QUILT PAGE 81 (NO. 64): The twelve flowers in our quilt are: pansy, daffodil, petunia, lily, poppy, iris, tulip, sunflower, rose, crocus, peony, and marigold.

DESIGN CREDITS

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1. PASTA WORKTABLE, page 63
Finished size is 18×35×48 in.
Materials: Pine—47 ft. 1×2-in., 2½ ft. 2×4, 7½ ft. 1×6-in.; 18×48-in. pine butcher-block top; five ¼-in.-dia. wooden dowels; 3 pieces 33¾-in. 2-in. PVC pipe; four 2-in. PVC caps; hex-headed screws; glue; nails; bolts and nuts; finish; mineral oil.
Instructions: Buy or build an 18×48-in. butcher-block top. Round corners and round-over top edges. Sand.

Attach PVC caps to underside of top as shown in drawing (*right*), predrilling caps. Build apron as shown, using butt joints. Rip parting stops from 1×2s. Glue and nail to aprons. Screw apron to underside of top through 2×4s. Sand.

Build bottom shelf frame, mitering corners. Cut slats and nail in place on frame. Sand. Apply finish to apron structure and shelf.

Build pasta rack using butt joints. Cut notches in rack for dowels. Cut dowels to length.

Drill holes in PVC and table for mounting legs. Position legs in caps. Attach legs to shelf with bolts and nuts.

Apply mineral oil to top and pasta rack. Slide rack into apron structure.

2. SPINDLE TENPINS, page 63
Materials: Ten 12-in. leg spindles; black, red, and white paint; varnish; ½-in.-wide self-adhesive white tape; 10 large black pom-poms; glue.
Instructions: Remove screws from spindles. Paint body and facial features on each spindle. Varnish. Add tape stripes. Glue pom-poms to top of head.

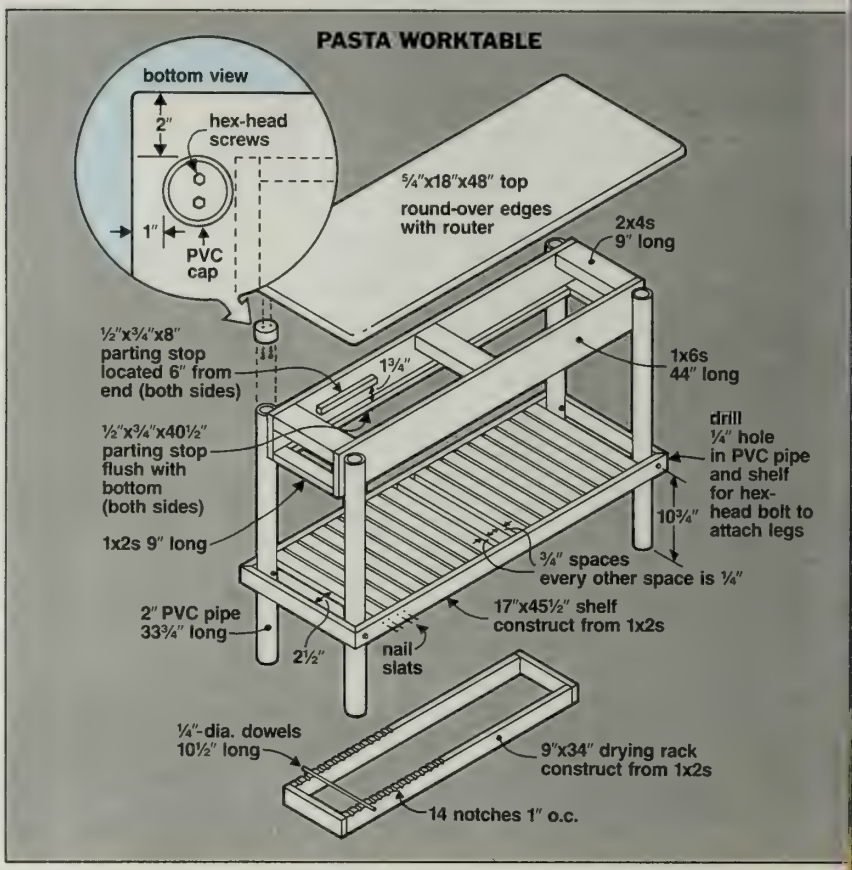
3. PINCUSHION, page 63
Materials: 4½×9-in. piece 18-mesh canvas; Persian wool: green, blue, rust, and orange; fiberfill.
Instructions: Lay front and back patterns (*right*) side by side on mesh with 4 blank threads between.

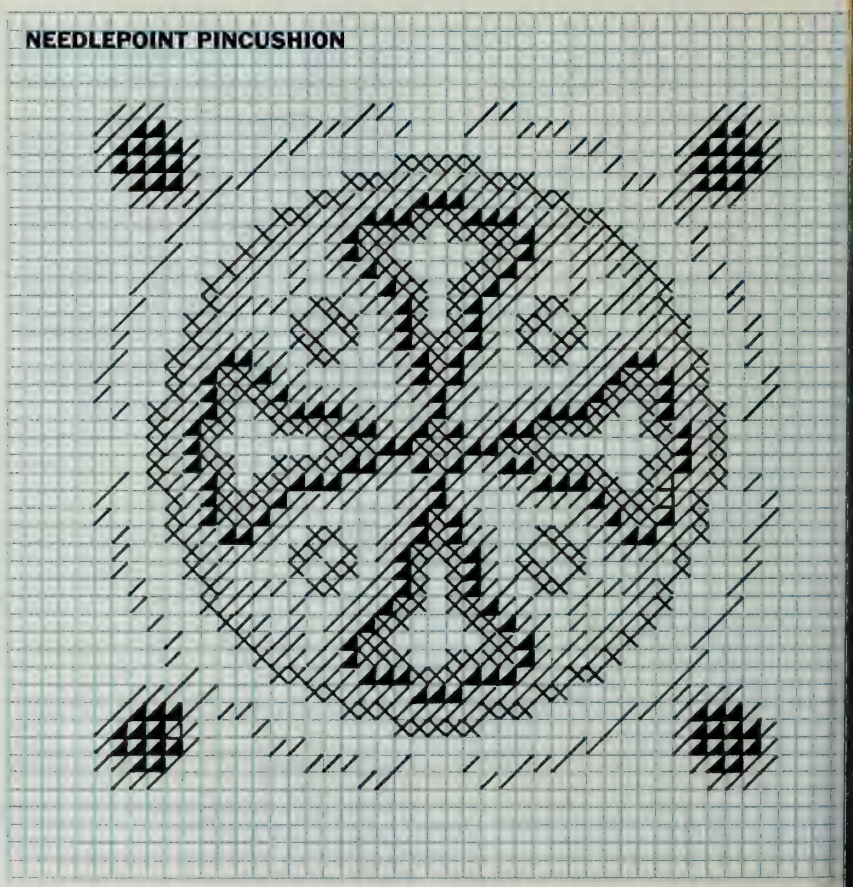
With single ply of wool, work design in basket-weave stitch; fill in background. Trim excess canvas to within 6 threads on 3 sides. Fold under canvas leaving 2 threads showing on 3 edges and with threads between front and back forming a fold.

Work a row of tent stitches around each side. To finish, fold the 2 sides together and work binding stitches around edges starting at the folded edge between the pieces. Leave a small opening for stuffing. Stuff. Finish binding stitches to close.

4. BABY BALL, page 64
Materials: 19-in.-circumference foam ball, large jingle bell, ¼ yd. each of 6 solid-color broadcloth fabrics, fabric scraps, fusible webbing, water-erasable marking pen, thread, embroidery floss, glue, cardboard for template.

continued on page 102






When the flavor really counts.
LAND O LAKES
BUTTER
LAND O LAKES
UNSALTED BUTTER

continued from page 100

Instructions: Using a serrated knife, cut halfway through foam ball. Hollow out an area large enough for the large jingle bell to move freely. Insert bell; glue ball together.

Enlarge patterns (*right*). Make a cardboard template for the pentagon shape for the background ball pieces. With marking pen draw 12 pentagons on various colored fabrics adding ¼-in. seam allowances.

Cut appliqués from fabrics and fusible webbing. Fuse fabric appliqués to pentagons. Satin-stitch around appliqués using narrow setting of machine. Use embroidery floss to add details. Cut out pentagons.

Note: Although the pentagons can be sewn together in 2 halves on a sewing machine and then positioned on the ball, a neater fit will result if the pentagons are pinned to the ball and then sewn together by hand.

Turn under seam allowances on pentagons. Starting at top of ball, attach pentagons by inserting pins where necessary. Make adjustments at corners and seams as needed. Blindstitch seams together. Using 3 strands of embroidery floss and herringbone stitch, embroider over seams.

5. DOLL PATCH QUILT, page 64

Materials: 1¼ yd. calico print fabric; 1 yd. blue fabric; 5½ yd. 1/16-in.-wide ribbon; quilt batting; twelve 3-in.-sq. fabric scraps; thread; ½ yd. fusible webbing.

Instructions: Cut fabric squares as follows: Twelve 4½-in. from blue, thirteen 4½-in. from calico. Cut 6 calico squares in half to form side triangles. Then cut 1 calico square into 4 triangles for corner pieces.

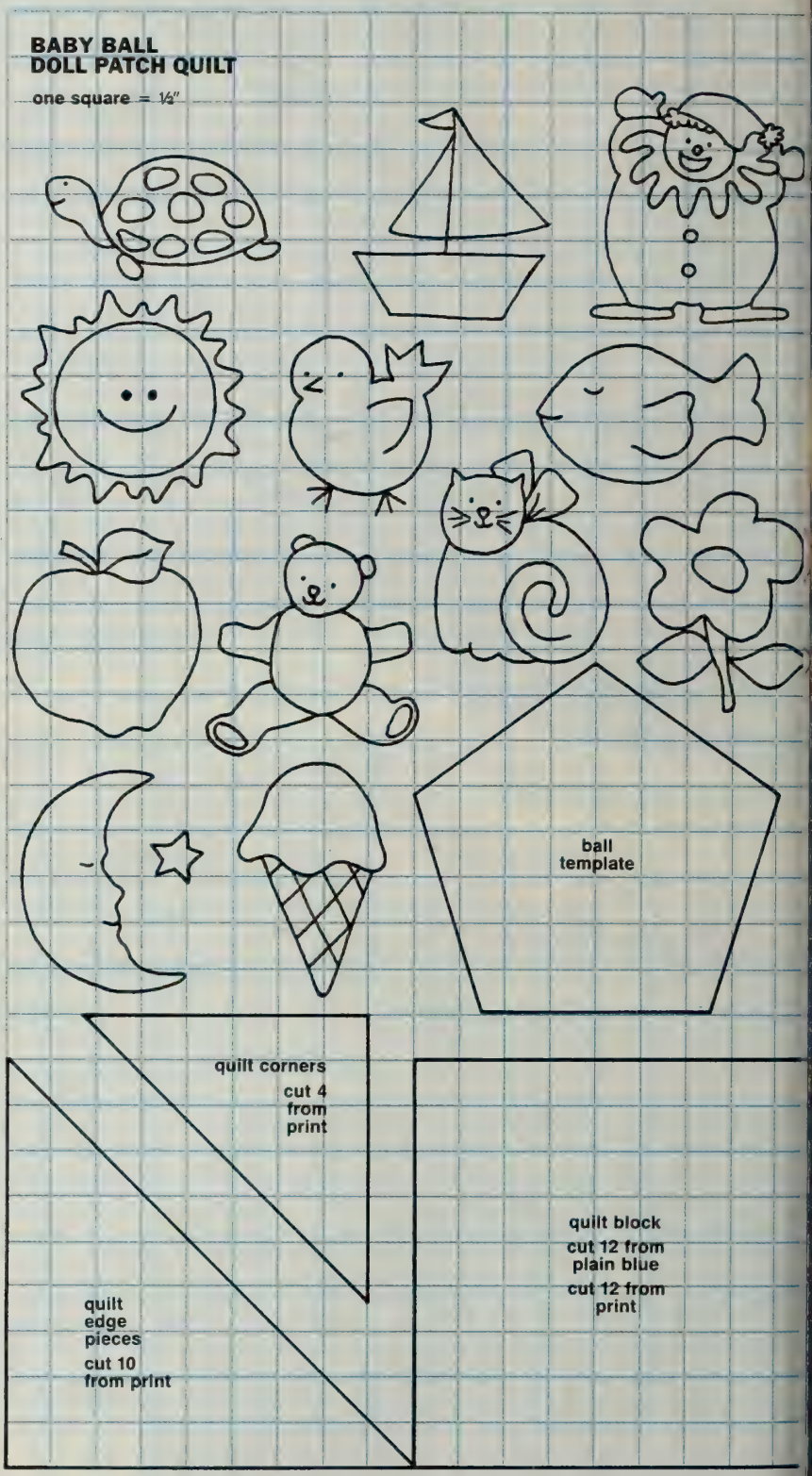
Enlarge patterns (*right*); cut from fabric scraps and fusible webbing. Fuse patterns onto center of each blue square turned to make a diamond. Zigzag-stitch around each pattern. Hand embroider faces onto bird, bear, clown, cat, and turtle.

Arrange quilt blocks to alternate calico and patterned diamonds with small triangles at corners and other triangles at outside edges. Using ¼-in. seam allowances, stitch blocks together. Add decorative cross-stitching between blocks if desired.

From blue fabric cut: two 22×3⅜-in. end borders and two 27×3⅜-in. side borders. Using ¼-in. seams, with right sides facing, stitch borders to quilt top, mitering corners.

From calico and batting cut 22×27-in. back and batting. Baste batting to wrong side of back. With right sides facing sew front to back using ⅝-in. seams and leaving opening for turning. Trim seams and corners. Turn right side out. Stitch opening closed. Press.

Cut ribbon into 8-in. pieces. Using embroidery needle make bows at corners of quilt blocks.



7. FOOTSTOOL, page 64

Materials: 5 ft. 1×12-in. cherry lumber; four 2×2×19-in. cherry furniture posts; 13/16×1×14½-in. continuous hinge; ½ sheet of ¾-in. fir plywood; wood screws; finish; padding; upholstery fabric to fit top.

Instructions: Cut furniture posts to 1½ in. square and 13 in. long. (See drawing on *page 104.*) Cut a rabbet ¾×¾×7½ in. on inside corner of each leg.

From cherry cut sides, front, and back. Rabbet ⅜×¾ in. in each side t

continued on page 10



Antipasto Pasta Salad

1 package (12 oz.) spiral or rotelle macaroni
1¼ cups pitted ripe olives, sliced
1 cup chopped red, yellow or green pepper
¼ pound hard salami, cut into thin strips
1 small red onion, cut into rings
¼ to ⅓ cup grated parmesan cheese
¼ cup finely chopped parsley
¾ cup Wish-Bone® Italian Dressing

Cook macaroni according to package directions; drain and rinse with cold water until completely cool. In a large bowl, combine remaining ingredients. Add macaroni and toss well. Serve at room temperature or chilled. Makes about 6 servings.

Chicken Italiano

½ cup Wish-Bone® Italian Dressing
2½ to 3 pounds chicken pieces

In large shallow baking dish, pour Italian dressing over chicken. Cover and marinate in refrigerator, turning occasionally, 4 hours or overnight. Remove chicken, reserving marinade. Grill or broil, turning and basting frequently with reserved marinade, until done. Makes about 6 servings.

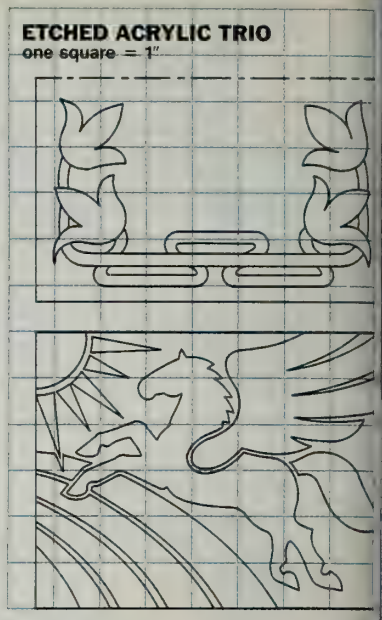
*Variation: Use 2½ to 3 pounds London broil or chuck steak.

Wish-Bone® Italian Dressing. The secret ingredient that's hardly a secret.

Wish-Bone is more than America's favorite lian dressing. It's also a deliciously simple y to add real Italian flavor to all your favorite ods—with a whole family of fresh-tasting lians. They'll do as much for entrees and e-dishes as they do for lettuce and tomatoes.



After the finish dries, position padding on lid. Wrap upholstery fabric around lid, tapering at corners, and staple to lid.



8. ETCHED TRIO, page 64

Materials: Glass frosting; preformed bent acrylic picture frame; ⅛×8×10-in. acrylic mirror; one 8×10-in. metal frame; ⅛×6×7½-in. clear acrylic; nylon cord; adhesive-backed paper; crafts knife.

Instructions: For all etching pieces clean surfaces with an acrylic cleaner and lint-free cloth. Apply adhesive-backed paper to front of acrylic. With c knife trim excess paper from edges.

Enlarge and transfer designs (*above*) to paper. With k cut out pattern removing only areas where frosting wil pear. Following instructions on frosting, apply etch When dry, remove paper.

For bent picture frame, cut a mat to fit behind the e etched area of the frame. If desired, glue a favorite pictu the mat before mounting it to the frame.

For mirror, insert finished piece into metal frame.

For winged horse, carefully drill 2 holes in upper cor Thread nylon cord through holes and hang.

100 IDEAS

continued from page 102

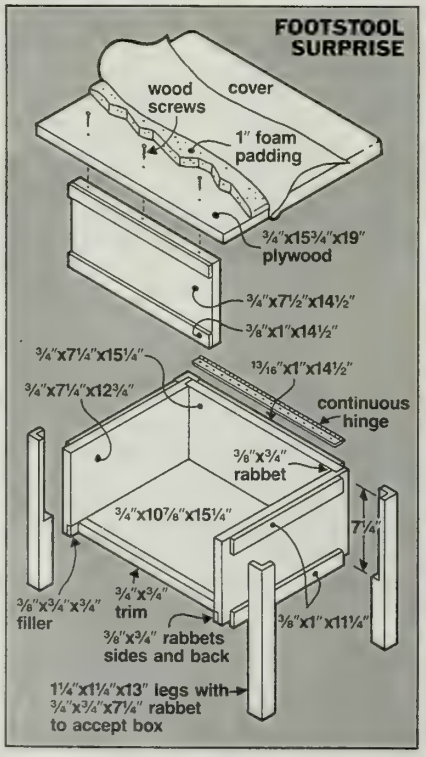
hold back. Dado sides and back for the ¾-in. plywood shelf.

From ¾-in. plywood cut shelf and lid. Band front edge of shelf.

Glue and nail sides to back. Insert shelf; glue and nail to sides and back. Fill the ⅜×1-in. spaces at front edges of sides with cherry.

From cherry cut ⅜×1-in. trim for front, sides, and back bottom. Sand, glue, and nail in place. For back top cut 13/16-in. trim and glue and nail 3/16 in. below top edge.

On lid mark position for front. Glue and screw through lid into door. Set screwheads flush.



Screw hinge into top back trim. Check door fit and screw hinge to lid. Set nails and fill holes. Sand and finish.



M&M's Chocolate Candies
color your summer with joy.



to make sure it fits. Remove dowels and drill holes for ¼-in. dowels. Also drill a ½-in. hole in the 1-in. dowel for third rake handle. Cut ¼-in. dowels to length. Assemble the two bead sections. (You may need to drill the holes in the beads slightly larger.)

Assemble the easel gluing dowels into handles and beads to dowels. Do not glue the 1-in. dowel. Add screw eyes and chain. Add the screw hooks to hold painting and top these with wooden beads. Finish.

12. FOLDING TABLES, page 66

Finished size for each table is 16×19×26 in.

Materials: 8 ft. 1×8-in. clear redwood; ½ sheet ⅛-in. tempered hardboard; eight ⅜-in. short blind pivot hinges; ½-in. wooden dowel; paint; glue; and brads.

Instructions: For each table construct two sets of legs: From redwood cut 4 legs. Cut a full radius on each end. From redwood cut two braces ½×2-in., one 13¾-in. long and one 12 1/16 in. long. Ease edges of legs and braces with router, or sand. Glue and nail one set of legs to each brace with header flush with radius at leg tops.

On wide legs drill ½-in. holes 9/16 in. deep for hinges ½ in. from top and 16 in. from bottom on inside edges.

On narrow legs drill holes on outside 16 in. from bottom for hinges. On top inside edges drill a ½-in. hole ⅝ in. deep 9/16 in. from top for dowel guides. Cut two 2-in. dowels to act as guides. Glue blind pivot hinges into legs.

From redwood cut two 1¾×13¾-in. sides. Cut slots as shown in drawing on *page 106*. From hardboard cut 2 pieces to fit over the outside of each sidepiece, making 1 for the left side and 1 for the right side. Glue hardboard in place. Sand edges. Drill holes for blind pivot hinges.

Insert leg dowels into slots on sides and glue hinges into holes. From hardboard cut a 13¾×17-in. base. Glue and brad side/leg pieces to base.

From hardboard cut 15×18-in. top. Glue base with legs to center bottom of tray top.

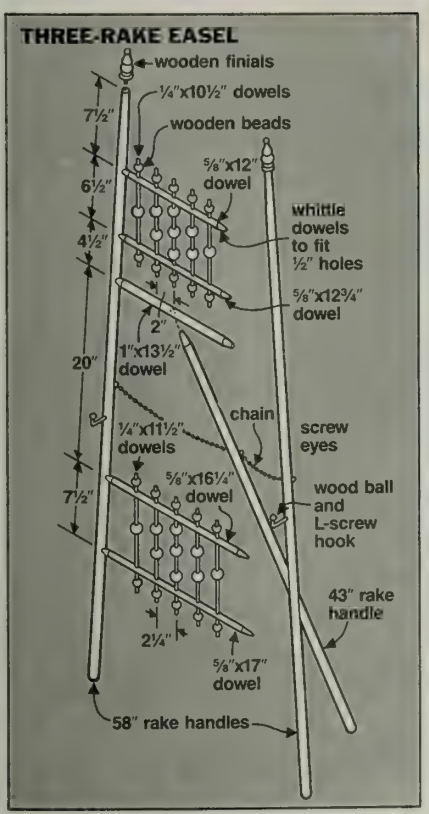
continued on page 106

THREE-RAKE EASEL, page 66

…hed size is …8 in.

…rials: 3 rake …les; two ⅝-in.-… wooden dowels; …lia. wooden …; four ¼-in.-… wooden dowels; …ll wooden fin… …or decorative … 18 large and … small wooden …; 3 ft. light… …t chain; 3 … eyes; 2 screw … with square …lue; varnish.

…uctions: Cut … handles to … as shown in … …ng (*right*). … the hole loca… *(Note: You … need to adjust … placement of the … and screw … to fit your pic…* Drill ½-in. … into but not … handles. … holes in ends … two longest … for finials. Sand handles smooth.



⅝- and 1-in. dowels to length. Whittle and sand the … to fit holes in handles. Assemble the easel without glue

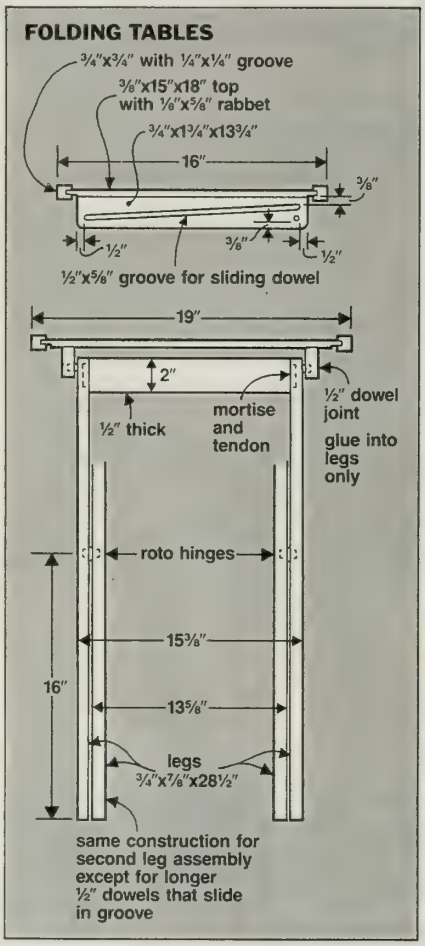
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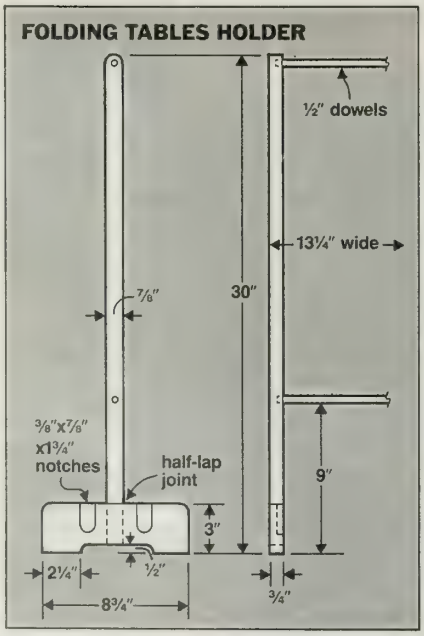
OFFICIAL SWEEPSTAKES RULES 1 NO PURCHASE NECESSARY TO ENTER Void where prohibited by law 2 Methods of entry A Call the "M&M's® Chocolate Candies Baseball Players Hotline by dialing 1-900-210-8477 during hours specified below (If you do not have AT&T long distance service, you must first dial 1-0-288) Callers will hear a taped baseball playing tip from a major league baseball player Instant winners will be selected at random and directed to a live operator who will arrange prize fulfillment Prizes will be awarded only during these hours 8 00 am-10 00 pm CST on June 21, 1987 through July 17, 1987, 2 00 pm-6 00 pm CST on July 18, 1987 through August 30, 1987 All callers hear a taped baseball tip whenever they call Call as often as you wish, however, 50¢ will be charged for each call B Mail in name, address and name of favorite major league baseball team printed on 3 x 5 card to Sweepstakes, PO Box 4875, Monticello, MN 55365 Mail-in winners will be selected by random drawing on or about September 8, 1987 Sponsor not responsible for lost, late, illegible or mutilated mail Mail in as many entries as you wish one entry per envelope 3 A Hotline will be disconnected after 11 59 pm, August 30, 1987 and no more calls will be accepted B Mail-in entries must be received no later than August 30, 1987 All entries become property of the sponsor 4 Prizes will be distributed on a prorated basis among phone entrants and mail-in entrants Odds of winning are based on number of entrants Baseball tips given to phone participants only 5 All prizes will be awarded and are as follows 4 Grand Prizes Trip for 4 to a 1987 major league baseball championship game to be determined at a later date Prize includes round trip coach air fare from nearest major airport, rental car (3 days) and 2 nights hotel accommodations for two (double occupancy) (subject to certain restrictions) (approximate retail value $5,000 ea) 500 First Prizes $25 00 Sports Equipment Gift Certificates 2,000 Second Prizes Autographed baseball replica from the major league team of the winner's choice (approximate retail value $5 00 ea) 3,000 Third Prizes Poster Sheet containing 24 M&M's™ Baseball Players Trading Cards (approximate retail value $2 00 ea) 6 Sweepstakes will be conducted by FSI, an independent judging organization, whose decisions shall be final 7 Trip prizes won by minors will be awarded to the parent or legal guardian Trip prizes are not transferable but can be exchanged for cash All other prizes are not transferable or eligible for cash substitutions All taxes are the sole responsibility of the winners 8 All major prize winners, including instant prize winners, will be confirmed by mail and required to sign an affidavit of eligibility and release and agree that name and likeness may be used in any advertising 9 Employees of Mars, Inc their affiliated companies, advertising and sales promotion agencies, FSI and AT&T are not eligible to participate 10 A list of prize winners can be obtained after September 30, 1987 by sending a self-addressed stamped envelope to Sweepstakes Winners List, PO Box 4110, Monticello, MN 55365

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continued from page 105

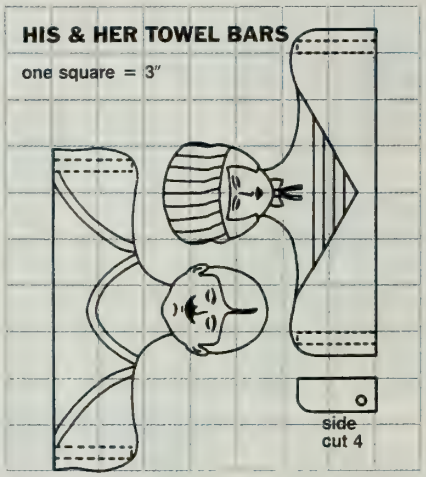




From redwood cut tray frame, mitering corners on the frame pieces. Cut dadoes in the frame for tray top. Sand all pieces smooth. Glue and nail the 3 frame sides together. Slide the tray top into the frame. Glue and nail remaining frame piece in place.

Assemble the second tray as you did the first one. Sand both trays smooth. Then apply primer. Paint both trays a bright, cheerful color.

For stand: From redwood cut 2 bases and 2 upright frames following drawing (*right*). Route notches in bases for table legs. Half-lap legs to bases. On legs drill ½×½-in. holes ⅝ in. and 20 in. from tops. Cut dowels to fit between the legs. Glue and nail dowels between the legs. Sand the stand smooth. Then apply primer. Let dry before applying the finish paint.



14. TOWEL BARS, page 67

Finished size is 17×21 in.

Materials: 4 ft. ¾×15-in. particleboard; ¾×6×12-in. pine; two ¾×17-in. wooden dowel; paint; glue; wood screws; nails.

Instructions: Enlarge patterns for both male and female bathers (*above*). Cut back piece for each bar from the particleboard.

From pine cut the 2 side pieces for each towel bar. Drill a hole in each side piece for dowel rod. Glue and screw the sides to the back. Glue and nail dowel in place between sides. Sand smooth. Then apply paint. Repeat for second towel bar.

15. PLATTER RACK, page 67

Materials: ½×8×36-in. red oak; nails; glue; stain.

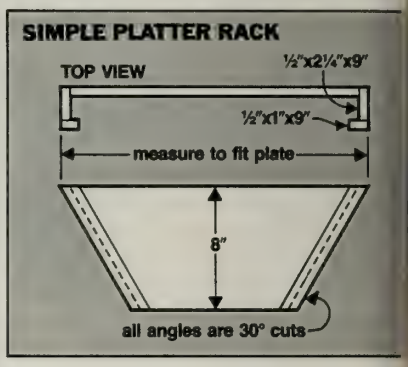
Note: You may need to adjust the width of the rack to fit the platter you want to display.

Instructions: From oak cut all the pieces using 30-degree cuts for all angles. Sand all the pieces smooth.

Glue and nail the pieces together.

Set nails so you will eventually have a smooth surface. Fill nail holes. Sand entire rack smooth.

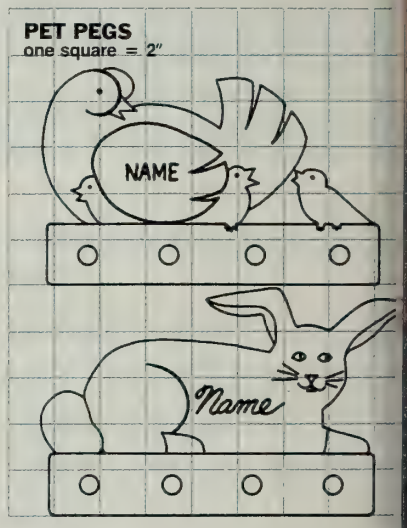
Apply stain to the finished rack. Screw the rack to a wall at studs for a secure hold.



16. PET PEGS, page 67

Materials for hen: ½-in. pin 2¾×14½-in., 7×14½-in.; 4 woode Shaker pegs; glue; acrylic wood seale red, green, yellow, white, and bla paints; varnish; hanger.

Materials for rabbit: ½-in. pin 2¾×14, 7½×14; 4 wooden shak pegs; glue; acrylic wood sealer; pain in: pink, gray, blue, white, and bla varnish; hanger.



Instructions: Enlarge patterns (*abov* Cut shapes from wider pieces of pin Cut separate chick from scrap; glue 2¾-in.-wide pieces. Drill holes for pe Sand and lightly bevel edges. Seal a paint. Personalize with child's nam Apply varnish.

17. SILVERWARE CHEST, page 6

Finished size is 4¼×12⅝×16 in.

Materials: 3 pieces 4¾×60-in. waln twelve ¼×1½-in. wooden dowe brads; glue; oil finish; decorative wo inlay; silverware drawer lining pad (s Buying Guide, *page 153*); pencil draw lock with key; escutcheon cover; two in. brass handles; lid support; 1 pr. 2- brass butt hinges.

Note: To save money, you can p chase 6 bd. ft. of ½-in. walnut and m chine to size instead of buying t specialty wood.

continued on page 1

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"The only thing ZIPLOC can't protect foo from is me."



I just couldn't resist taking a teensie-weensie bite out of this p little chicken leg.

Because this ZIPLOC® bra Storage Bag kept it as moist anc tender as the day it was made.

I oughta know—I polished most of this little chickadee three nights ago.

Another terrific thing about ZIPLOC Storage Bags is how ma fico they are when it comes to lo the flavor and freshness in, and l ing air and odors out. Let's face i the smell of my Gorgonzola che but not in my wife's Italian pastrie

Plus, ZIPLOC Storage Bags also great for storing everything fruit salad to seafood salad, and olate chips to pretzel sticks.

So do what I do when it co leftovers, or anything else you w keep fresh for a few hours, or a f days. Put all your goodies in ZIPL Storage Bags.

Because there's only one b place to put food in: me.



ZIPLOC. We've got the lock on food protectio

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ntinued from page 106

structions: From walnut cut six 17-.-long pieces. Dowel, glue, and clamp gether 2 sets of 3 for top and bottom. hen glue dries, sand smooth.

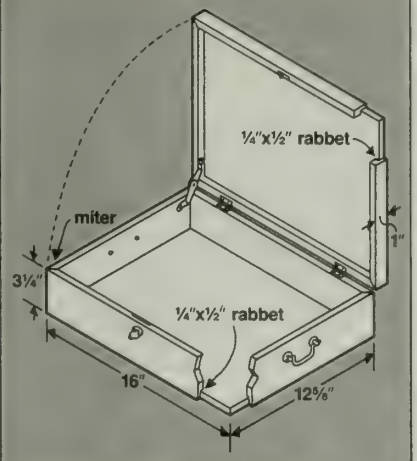
Miter both sides of one 60-in. piece alnut to 4⅜ in. Miter corners to make des and ends, with inside measure-ents allowing space for lining pad. lue and nail together.

Miter top and bottom to fit frame. lue and nail top and bottom in place. nd. Set box on edge and saw through des to make 1-in. lid. Sand cut edges.

Make inlay template; route top for lay and insert inlay.

Finish-sand. Apply oil finish inside d out. Install hardware. Drop drawer ning pad in place.

SILVERWARE CHEST



18. SIXTH-KNOT PILLOW, page 67

Finished size is 15-in. square.

Materials: ½ yd. cotton-polyester fabric; 4 yd. ¼-in.-wide bias tape; 15-in. pillow form; thread, 15-in. sq. quilt batting; quilting thread; 1 yd. cording; washable marking pen.

Instructions: From fabric cut two 16-in. squares for top and back.

Enlarge pattern on *page 110* and transfer design to top. Lay bias tape along pattern lines. Appliqué tape to top using small stitches and always stitching inside curves first. Make sure tape follows the under and over pattern. Begin and end by placing it where an "over" piece of bias will cover it.

continued on page 110

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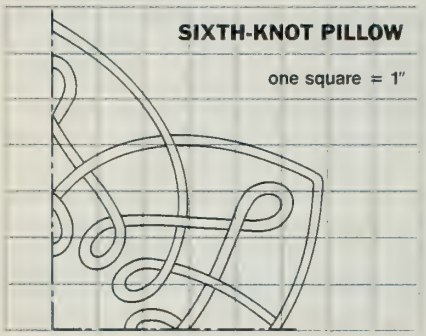
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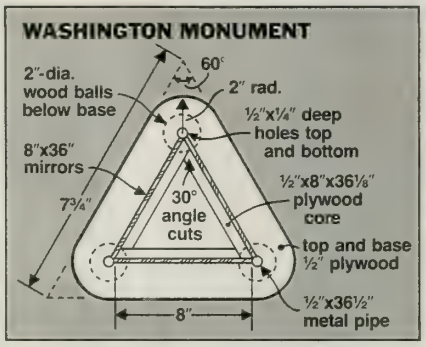
continued from page 109



Pin and baste the batting to the back of top piece. Quilt around the tape near both edges.

Cover cording with bias tape. Sew cording to right side of pillow top ½ in. from edges.

With right sides facing, sew top to back using ½-in. seams, leaving opening for inserting pillow form. Clip corners. Turn right side out. Insert pillow form. Stitch opening closed.



19. WASHINGTON MONUMENT, page 68

Materials: ½ sheet ½-in. fir plywood; 10 ft. ½-in. metal pipe; three 2-in. wooden balls; three 8×36-in. beveled mirrors; paint; glue; nails.

Instructions: From plywood cut the top and bottom triangles following the drawing (*above*). From plywood cut sides of inner triangle wide enough to hold the mirrors plus about ⅛-in. longer than mirrors. Glue and nail the triangle together.

In top and bottom drill ¼-in.-deep holes for pipe. Cut 3 pieces of pipe ½ in. longer than upright center triangle.

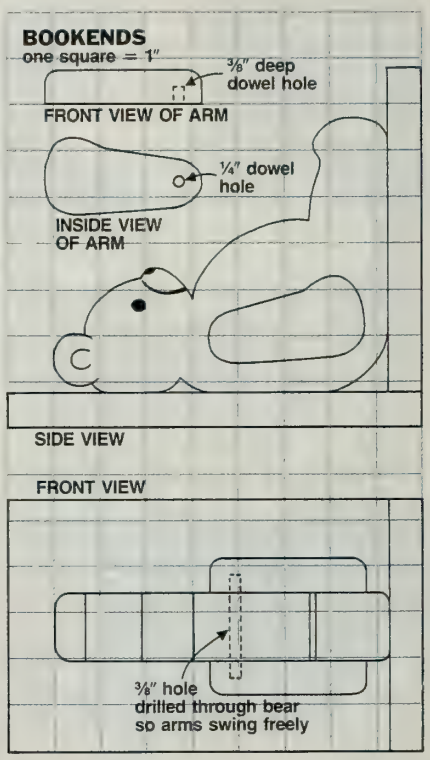
Glue and nail bottom to upright triangle. Insert the pipes into bottom. Glue and nail top in place.

Attach wooden balls near outside corners of bottom.

Fill holes, sand, and paint. When dry, install mirrors.

20. BOOKENDS, page 68

Materials: 2×6×24-in. pine; 1×6×32-in. pine; scrap 1-in. pine; 2 pieces 2¼×¼-in.-dia. wooden dowels; nails; black enamel paint; 3 yd. ribbon; stain.



Instructions: Enlarge pattern (*above*). From 2×6 cut 2 bears. Round off edges and sand smooth.

From scrap 1-in. pine cut arms. Round outside edges only and sand.

From 1×6 cut two 5½×9-in. backs and two 5½×7-in. bottoms. Glue and nail 1 back to 1 bottom, countersinking the nails. Repeat for second bookend. Fill nail holes. Round and sand all edges. Stain.

In each bear drill hole ⅜ in. deep in body and arms. Stain bears and arms. Nail bear to bookend using 1 nail through bottom and 2 through back. Countersink and fill. Sand. Touch up stain where necessary. Glue dowel into bear arm. Insert dowel through bear body. Attach second arm. Repeat for remaining bear and arms. Using black paint, finish eyes and nose. Tie ribbon around neck of each bear.

21. RAINBOW AFGHAN, page 68

Finished size is 21×52-in.

Materials: One each 3.5-oz. skeins 4-ply yarn: red, orange, yellow, green, blue, and purple; size G crochet hook.

Gauge: 4 sts = 1 in.; 4 rows = 1 in.

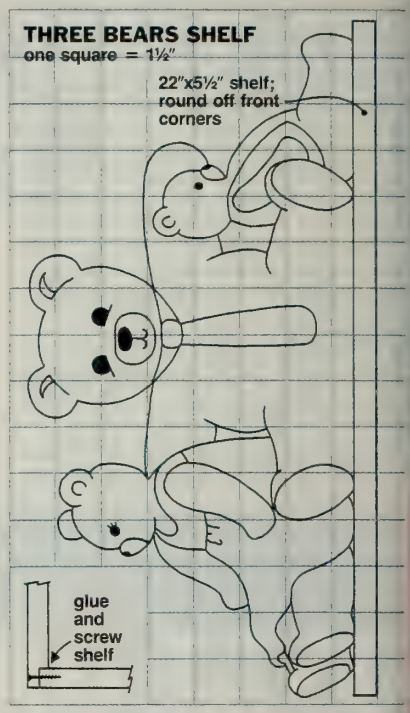
Instructions: With red yarn chain 202.

Row 1: SC in 3rd lp from hook. SC across. Ch 2. Turn.

Note: Work stitches in back loop only from this point on.

Row 2: Sk 1 st. SC in each stitch across. Ch 2. Turn. (200 stitches; ch 2 counts as 1 st.)

Repeat Row 2 until all red yarn has been used. Tie-in orange yarn. Continue working each ball of yarn and tying in a new color as needed. Fasten off.



24. BEARS SHELF, page 68

Materials: 1×12×22-in. pin 1×6×22-in. pine; yellow, red, ar white enamel paints; stain, black pai pen; five 1¾-in. flathead wood screw glue; varnish.

Instructions: Enlarge pattern (*above* Cut from 1×12-in. pine. Cut rabbet f shelf at bottom edge. Sand all the su faces smooth. Draw bear details c board. Paint bear clothes.

From 1×6-in. pine cut 5½×22-i shelf rounding 2 front corners. Stai shelf and bears wiping excess stai from bear clothes. Glue and screw she to bears.

Outline bear clothes and facial fe tures with paint pen. Drill holes in bac for hanging or attach hangers. Varnis entire unit if desired.

25. OVEN AID, page 69

From 1×4×12-in. pine you can c out 2 oven aids (see drawing on *pa 112*). Then all you have to do is sar them and paint on the details.

27. MEASURE UP, page 70

Materials: 4×8-ft. sheet ¾-in. particl board; red, blue, white, yellow, blac and flesh-color enamel paints; pai primer; adhesive-backed numbers.

Instructions: Enlarge the pattern *page 112*. Cut shape from the plywoo Sand edges smooth. Paint the soldi front and back with primer leavir hands and face clear.

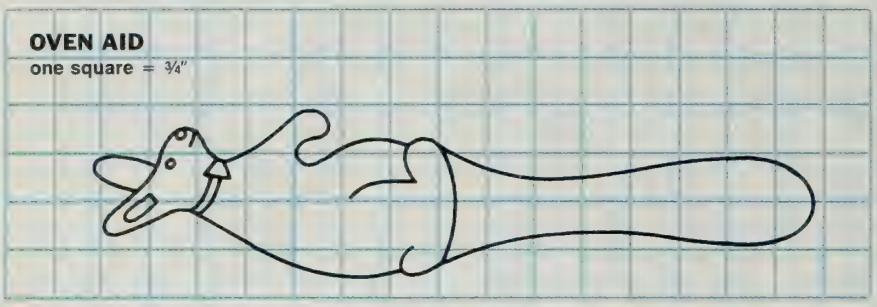
Outline face and clothing with a pe cil. Then paint in details and clothin

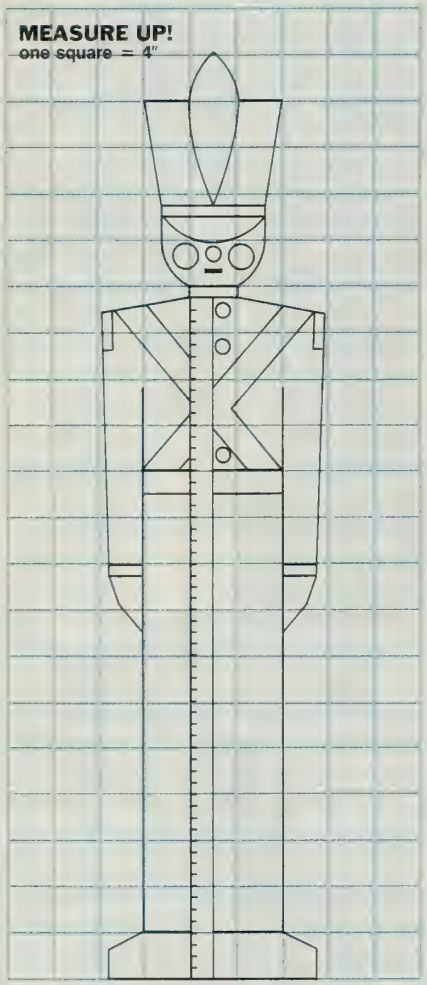
Mark off inches using a tape me sure. Then apply numbers at the pe ciled marks.

continued on page 1


Crudités Deluxe.
Soon the terrace will be filled with special friends.
You picked fresh flowers. Chilled the champagne. And made your favorite cucumber dip.
So of course the carrots have to be baby sweet. The "Sugar Snap™" snap peas and artichoke hearts tender to the bite.
Of course, they have to be Deluxe.
Whole Baby Carrots
Sugar Snap
Baby Cob Corn
Artichoke Hearts
Birds Eye® Deluxe.
Dinner will never be the same.

continued from page 110





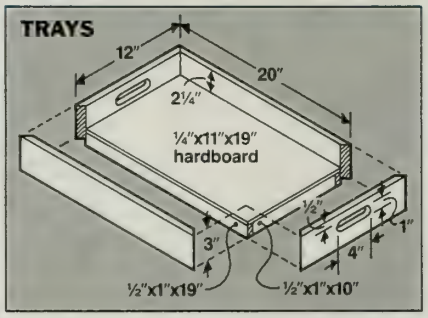
28. TRAYS, page 70

Materials: 12 ft. ¾ or 1×6-in. clear pine; ½ sheet ¼-in. tempered hardboard; brads; filler; primer; and paint.

Instructions: Resaw pine to ½ in. thick. Sand both sides of pine before you cut. Rip pine to 3 in. wide for sides and ends; 1 in. wide for bases, mitering all corners. Cut pieces as shown in drawing (*above right*). Cut 1×4-in. hand holes in endpieces. Sand. Glue and nail sides and ends together.

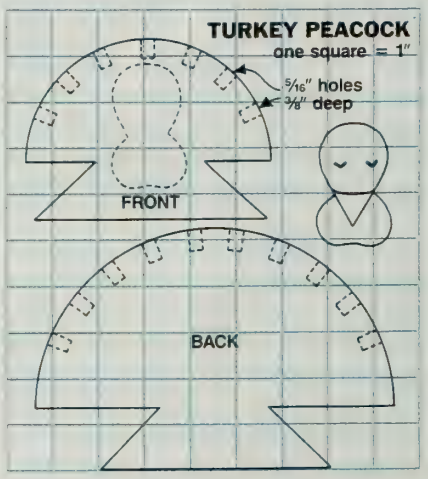
Glue and nail base pieces together. Cut a 3-degree angle on bottom edges on ½ in. that will extend below tray to make stacking easier. Glue and nail base ½ in. up from bottom edge. Sand.

From hardboard cut and fit bottom. Glue and nail to base top. Set nails, fill holes, and sand. Prime and paint. Repeat for second tray.



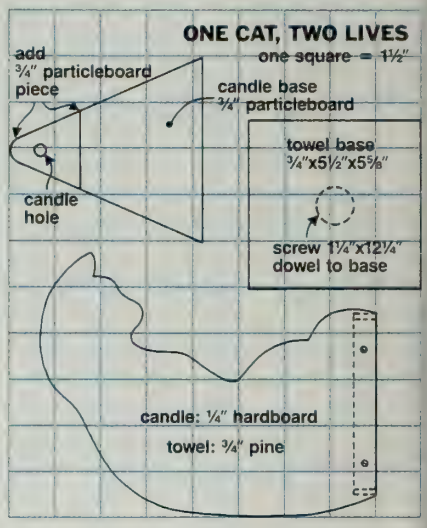
29. TURKEY PEACOCK, page 70

Materials: ¾×9×12-in. pine; green, yellow, orange, red, black, and white paints; varnish; glue.



Instructions: Enlarge turkey pattern (*above*). Cut all of the pieces from pine. Drill holes to fit crayons in the back and front body pieces as indicated on the drawing (*above*).

Paint the back body green, the front body yellow. Paint the details on the head piece in orange, red, black, and white. Glue and clamp all of the pieces together. When paint has dried, apply a coat of varnish to protect the holder.



30. ONE CAT, TWO LIVES, page 71

Paper towel stand

Materials: 1×12×18-in. pine; 1¼×12¼-in. dowel; glue; nails; screws.

Instructions: From pine cut cat shape and 5½×5⅝-in. base. Glue and nail cat to base. Glue and screw dowel to base center. Fill holes, sand, and finish.

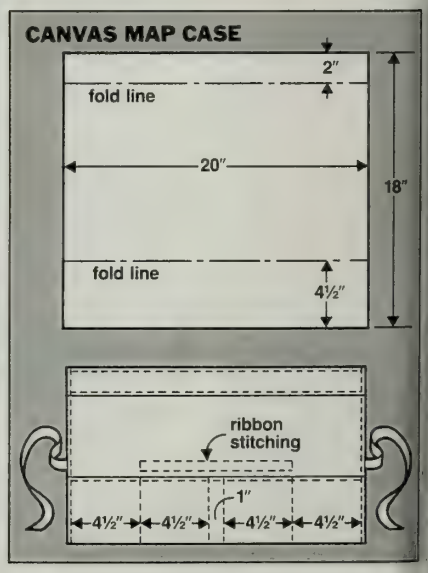
Candle holder

Materials: ¼-in. tempered hardboard; ¾×8×8-in. particleboard; glue; nails; paint.

Instructions: Cut the cat shape from hardboard. From particleboard cut the base and the candle holder. Drill a hole through the holder; glue holder to base. Glue and nail cat to base. Fill holes, sand, and paint.

33. CANVAS MAP CASE, page 72

Materials: 18×20-in. canvas; 1 yd. ¾-in.-wide grosgrain ribbon; self-adhesive letters; thread.



continued on page 115

COOKS LIKE THE BEST CHEFS COOK.

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And wait until your family tastes the first steak you convection-

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flavor. And our Maxi/Econo broil lets you cook a lot of hamburgers, using the full unit, or a few, using just a part of it.

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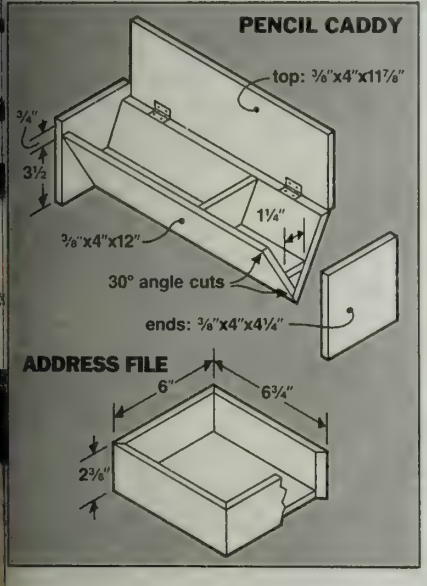
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continued from page 112

Instructions: On canvas fold under and stitch ½-in. hem on all edges starting with long sides. Fold 1 long side to wrong side 2 in. from edge and stitch close to fold. Fold second long side up 4½ in. Stitch at each side close to the edges. Measure and mark sections from one side at 4½-, 9-, 10-, and 14½-in. Stitch from the fold to the top of each pocket on these marks.

Center and pin ribbon just above pockets on outside of case. Stitch near each long edge of ribbon and across ribbon starting 4½ in. from each edge.

If desired, apply letters to outside of case. Insert pencil in center pocket. Add maps and notepad if desired. Fold case ends to center and tie ribbon.



34. PENCIL CADDY, page 72

Materials: 5 ft. ⅜ × 5-in. cherry lumber; 1 pr. ¾ × 1-in. brass butt hinges; glue; brads; oil finish.

Instructions: If necessary, resaw cherry to ⅜ in. thick. Sand both sides. Cut 2 endpieces (see drawing *above*). Cut 2 sides and bottom on 30-degree angles on both edges. Glue and nail sides together, bottom to sides, and ends to sides and bottom.

Cut divider piece to fit. Glue and nail in place leaving 8-in. tray for pencils.

Cut lid to fit. Make cuts for hinge leaf in lid bottom. Install hinges. Sand, set nails, and fill holes. Apply oil finish.

35. ADDRESS FILE, page 72

Materials: 1 × 6 × 24-in. cherry lumber; glue; brads; finish oil.

Instructions: Cut pieces from cherry. Sand all parts. Cut rabbet in sides and ends for bottom. Glue and nail box together. Sand, set nails, fill holes. Sand smooth. Finish.

To hold cards in place, cut 1 × 1½-in. cherry pieces to fit inside box.

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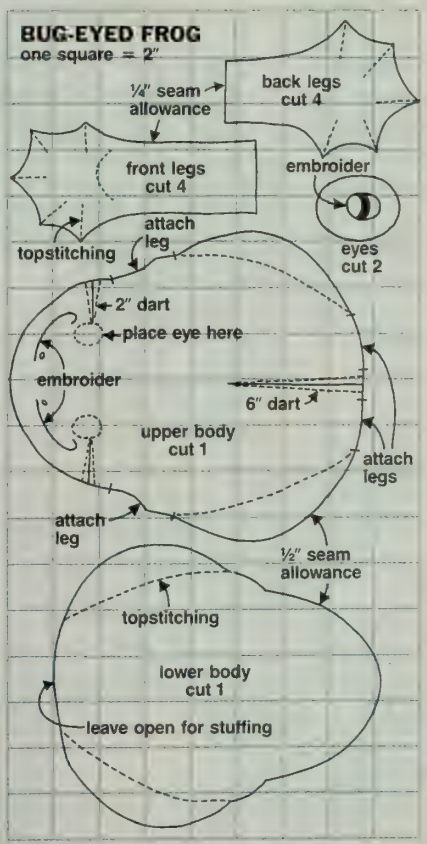
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36. BUG-EYED FROG, page 72

Materials: ½ yd. each green wide-wale corduroy and yellow polished cotton fabric; thread; 1 bag fiberfill; black embroidery floss.

Instructions: Enlarge pattern (*left*). From corduroy cut upper body and legs. From yellow cotton cut lower body, eyes, and legs.

Sew darts in the upper body. Embroider details on eyes and mouth on the upper body. Turn under ¼ in. around eyes. Hand-baste close to fold. Pull basting thread tightly to gather. Fill the eyes with a small amount of fiberfill. Hand-stitch the eyes to the upper body at tip of each top dart.

With right sides facing, stitch the upper body to the lower body using ½-in. seams and leaving an opening for stuffing. Clip curves. Turn frog right side out. Press. Stuff with fiberfill. Stitch along topstitching lines at back of body through all layers.

With right sides facing, stitch leg pieces together in pairs using ¼-in. seams and leaving opening for stuffing. Trim corners and clip curves. Turn right side out. Press. Stuff. Stitch opening closed.

Topstitch details on feet through all layers. Hand-stitch legs to body.

38. WHALE OF A HARP, page 72

Materials: ¾ × 5¾ × 12-in. hardwood; 8 zither pins; 8 hitch pins; 0.018-in. steel guitar string; penetrating oil finish; tuning wrench.

continued on page 117



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THE CHUNKY APPLES, THE FAT RAISINS, THE CRUNCHY ALMONDS.



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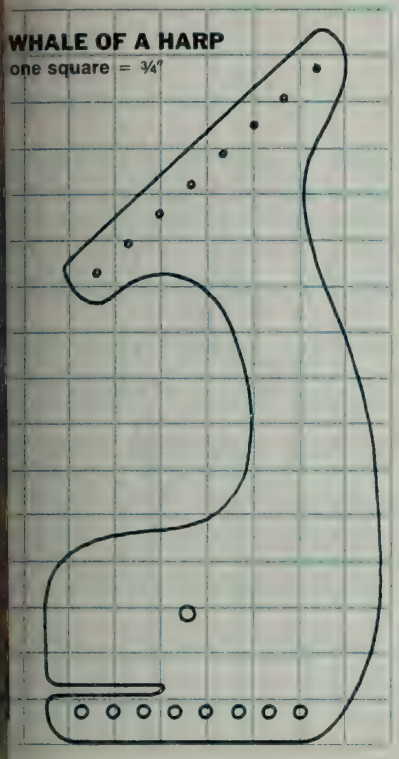
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Tastes so good you forget the fiber.



ntinued from page 115



Note: Hitch pins may be made from all screws or headless nails at least in. long with ⅛-in. dia.

tructions: Enlarge pattern (*above*). design from hardwood. Sand oth.

Drill holes on head for zither pins. ll hole for eye about ¼ in. deep.

Drill holes for hitch pins in tail keep- a uniform depth. Pins should sit ut ¼ in. above surface and ½ in. w. Cut mouth of whale ⅛ in. deep. d and finish.

nstall hitch pins. Tap zither pins nly into holes. With tuning wrench d pins into wood until hole is ⅛ in. n surface.

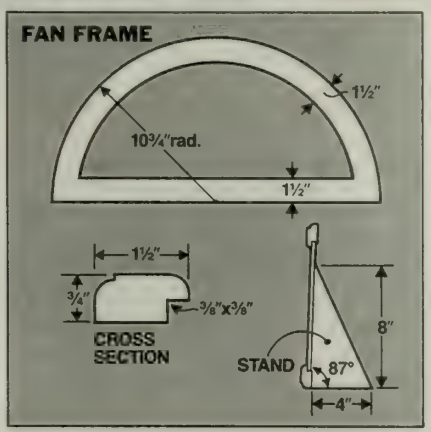
Use 1 length of wire for every 2 ngs and begin with longest string ead through zither pin. Turn pin nterclockwise to wind string around twice. Keep constant tension on ng and loop string around hitch s and toward second zither pin. Cut ng 1½ in. longer than this measure- nt. Insert string into second zither and wind counterclockwise until k is taken up. Repeat with remain- pins and string. Tune strings to C or with tuning wrench.

FAN FRAME, page 73

ished size is 12¾×21½ in.

erials: ¾×14×22-in. birch ply- d; ⅛×10×20-in. tempered hard- rd; glue; screws or nails; paint; ring points.

tructions: On plywood draw a half le with a 10¾-in. radius. Mark in side of frame as in drawing (*above*). Cut out frame. Sand edges. In back, route a ⅜×⅜-in. rabbet for picture and back. If desired, round-over edges and route a ⅛-in. design on outside edge.



From hardboard cut back to fit inside rabbet.

From plywood cut brace. Sand all pieces. Glue and screw or nail brace to hardboard back. Paint frame. Attach back with glazing points.

42. FRIENDLY TOTE, page 74

Materials: Cotton fabric: 3 yd. black, ¼ yd. each dark dusty rose, light dusty rose, yellow; ⅛ yd. each dark olive green and light olive green; thread; batting; black quilting thread; nylon self-fastening tape; 4 yd. 1-in.-wide black webbing tape.

Instructions: Prewash and press all fabric. From black fabric cut: four 19×19-in. pieces for fronts and backs; six 10×19-in. pieces for ends and bottoms. From batting cut two 19×19-in. pieces for front and back and three 10×19-in. for ends and bottom.

Enlarge pattern on *page 118*. Cut pieces from fabrics adding ½-in. seam allowances. Trace pattern onto 1 black front piece. Starting in upper left corner position first green piece with right side facing wrong side of front. Baste ¼-in. from edges. Cut out black portion on front ¼ in. smaller than basted area. Turn under black fabric and stitch in place clipping corners if necessary. Trim extra green fabric from back. Repeat with remaining pieces.

Sandwich batting between 2 fronts with both front pieces facing out. Baste together. Quilt each patterned section.

Repeat sandwiching of batting between 2 backing pieces. Baste together. Quilt in diagonal lines from upper left to lower right. Then complete crosshatch quilting from upper right to lower left.

Note: 1-in.-wide masking tape works well as a guide.

Repeat sandwiching and quilting directions for 2 sides and bottom.

Measure all finished pieces. From black fabric cut same size pieces for

continued on page 118

FOR THE WAY IT'S MADE.



exterior or finish.

Instructions: All joints are half-lap. Seat tilts 3 degrees from front to back. Back tilts 4 degrees from back of seat.

Cut pieces as in drawing on *page 120*. Glue and screw endpieces together. Countersink all screws. Clamp ends together till glue dries.

Cut 1½-in. radius on top of back and front of arms. Round all edges. Sand.

Cut back, seat, and skirt pieces. Cut 3-degree angle on top skirt edge to fit 3-degree pitch on seat. Round edges.

Cut cleats rounding end at back. Lay out position of seat, back, and skirt. Screw cleats under seat to ends. Glue to secure cleats to ends. Glue and screw back and seat to skirt and ends. Fill screw holes with plugs. Screw seat to cleats. Sand unit. Finish.

44. DIAMOND AFGHAN, page 74

Finished size is 50½x73½ inches.

Materials: Unger Roly Poly worsted-weight yarn (3.5-oz. balls) 6 balls off-white, 1 ball each salmon, light blue, fuchsia, royal blue, turquoise, peach, rust, and gold.

Size H afghan hook

Size H aluminum crochet hook

Instructions:

For the diamond: Make 55 diamonds (12 off-white; 6 each salmon, fuchsia, light blue; 5 each gold, peach, royal blue, rust, and turquoise).

With the off-white yarn and afghan hook, ch 4.

Row 1 (first half): Retaining all loops on hook, draw up lp in second ch from hook and next 2 chs—4 lps on hook.

Row 1 (second half): Yo, draw yarn through 1 lp on hook, (yo, draw through 2 lps on hook) 3 times—1 lp on hook.

Row 2 (first half): Retaining all lps on hook, sk first upright bar; *insert hook in sp bet first and second upright bar and draw up lp—inc made on right edge;* (insert hook around front strand of next upright bar and draw up lp) twice; *insert hook in sp before last upright bar and draw up lp—inc made on left edge;* insert hook around front strand of the last upright bar and draw up lp—6 lps on hook.

Row 2 (second half): Rep second half of Row 1, except rep bet ( )s 4 times.

Row 3 (first half): Rep first half of Row 2, except rep bet ( )s 5 times—8 loops on hook.

Row 3 (second half): Rep second half of Row 1, except rep bet ( )s 7 times.

Rows 4–14: Continue in this manner, increasing 1 st at beg and end of first half of each row until 32 lps on hook. Then rep second half of Row 1.

Next 2 rows: Sk first upright bar, insert hook through second upright bar and draw up lp; (insert hook through next upright bar and draw up lp) 30 times. Rep second half of Row 1, except rep bet ( )s 31 times.

Row 17 (first half): Sk first upright bar, *insert hook through second and third upright bars and draw up lp—dec made on right edge of work;* (insert hook around next upright bar and draw up lp) 26 times—3 bars rem. *Insert hook through next 2 upright bars and draw up lp—dec made on left edge of work;* insert hook through last upright bar and draw up lp.

Row 17 (second half): Rep second half of Row 1, except rep bet ( )s 29 times.

Rows 18–29: Rep Row 17, first and second halves until 6 lps remain on hook. Then rep second half of Row 1.

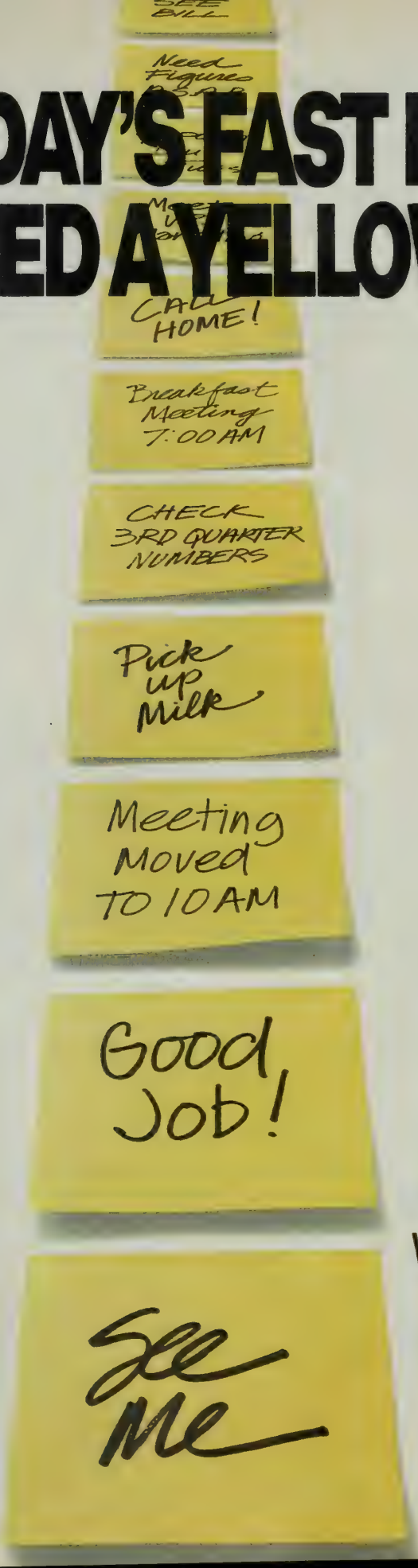
Row 30: Sk first upright bar, (insert hook through next 2 bars and draw up lp) twice; insert hook through last upright bar and draw up lp—4 lps on hook. Rep second half of Row 1.

Row 31: Sk first upright bar, (draw up lp in next upright bar and pull through lp on hook—1 lp on hook) 3 times; fasten off.

Edging: Join thread in center st of any corner, ch 4, dc in same st as join; (ch 1, dc in end of next row) 14 times; ch 1; in center st on next corner work dc, ch 1, dc. Rep from * around; join last ch 1 to third ch of beg ch-4; fasten off.

continued on page 12

IN TODAY'S FAST LANE YOU NEED A YELLOW LINE.



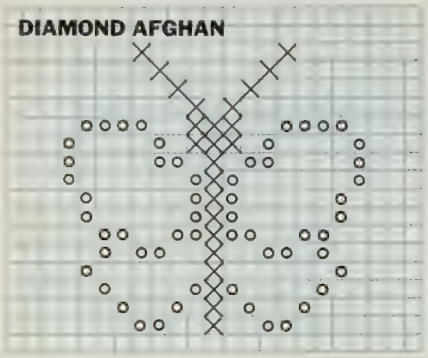
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continued from page 118

DIAMOND AFGHAN



Embroidery: Following diagram (*above*), using yarn left from diamonds, cross-stitch butterfly design on center of each off-white diamond.

Joining: Lay out diamonds alternating colors and off-white. With wrong sides together and working under both lps, slip-stitch diamonds tog. Beg in ch-1 st at corners and sl st in each st to next corner.

45. BLANKET CHEST, page 74

Materials: 50 linear ft. beaded ceiling paneling*; 1 pr. 3-in. butt hinges; heavy-duty counterbalanced lid support; ½ sheet ½-in. fir plywood; 12 ft. 1×10-in. clear pine; two 3-in. brass handles; glue; nails; stain.

**Note:* Our beaded ceiling measured 9/16×3⅛-in. Sizes may vary, so be sure to adjust your measurements to fit what is available in your area.

Instructions: Check thickness of beaded ceiling paneling before you start.

From 1×10-in. pine rip bands for chest longer than finished size. See drawing on *page 128.*

Cut rabbets to fit your paneling. Cut paneling to length. Lay out sides and ends with each board longer than finished size. Square ends. Glue panels into rabbets at top and bottom. Clamp till glue dries.

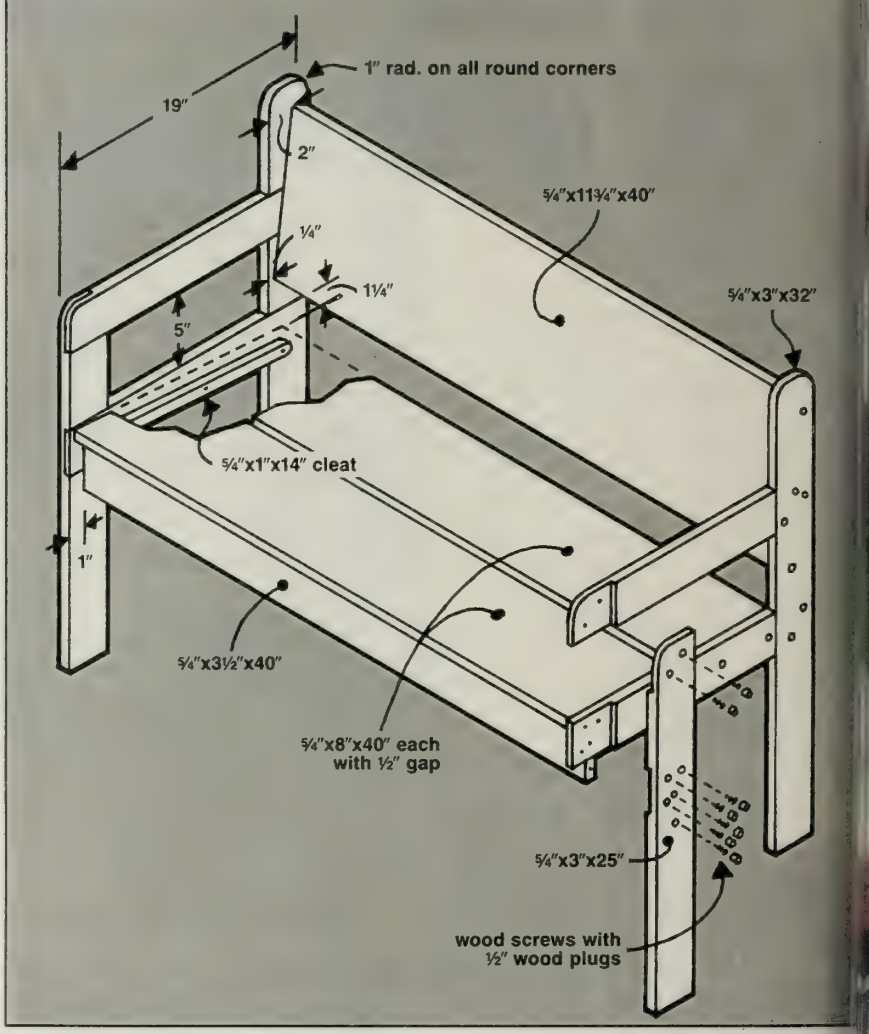
Sand insides of pieces. Miter ends. Glue and nail base together. Clamp unit square until glue dries. From 1×10 cut cleats. Glue and nail flush with bottom on inside of base. Cut plywood to fit inside bottom. Glue and nail plywood to cleats.

From 1×10 rip bands for chest top. Measure and cut rabbets to hold paneling and ½-in. plywood top, mitering corners. Be sure unit fits base. Cut plywood to fit inside rabbets. Glue in place. Fit paneling into rabbets. Sand. Install hinges and lid support. Set nails; sand, and finish. Attach handles.

47. WALL SCONCE, page 76

Materials: 3 ft. 1×1-in. oak lumber; 2 candle cups; ⅜-in. oak button; three 1-in. No. 6 wood screws; 2¾-in. No. 17 brads; glue; wood filler; paint; finish oil.

ALL-WEATHER BENCH



Instructions: Cut pieces following drawing on *page 128.* Cut angles on ends. Cut half-lap joints on candle holder and brace. Sand all pieces.

On upright back drill hole for screw. Drill a ¼×⅜-in. hole 2 in. from top for hanging. On front drill hole for button.

Glue and clamp the half-lap pieces together. When dry, glue and screw to upright. Glue and brad the angled brace in place. Glue and insert button in hole. Glue and screw candle cups in place. Finish-sand and apply oil finish.

48. CHANDELABRA, page 76

Materials: 16 ft. 1×1-in. oak; 1×4×4-in. oak; 8 candle cups; 6 ft. small chain (painted black); 8 small eye screws; thirty-two ⅜-in. wood buttons; eight 1-in. No. 6 wood screws; ¾-in. No. 17 brads; ⅜×1½-in. wooden dowel; oil finish; wood glue; wood filler; black paint.

Instructions: Cut pieces following drawing on *page 128.* Cut angles on ends. Cut half-lap joints on candle holder and brace. Sand all pieces.

On upright backs drill holes fo screws. On front and 1 side of each up right drill holes for buttons.

Glue and clamp half-lap pieces tc gether. When dry, glue and screw t uprights. Glue and brad angled brace in place.

Glue and clamp unit together pos tioning bracing blocks at top and bot tom as in drawing (*page 128*). If desirec brad through buttonholes into bracin blocks. When dry, sand unit. Glue an insert buttons in holes.

From 1×4 oak cut ceiling hange Chamfer edges. Cut hanger detail. Dri hole in hanger and detail for dowe Glue dowel in place. Sand and oil.

When dry, secure screw eyes to to ends of uprights and to ceiling hange

Paint candle cups black. Glue an screw candle cups in place.

Screw or bolt hanger to ceilin through hole. Glue dowel end of deta into hanger. Fasten four 18-in. chai lengths to screw eyes.

continued on page 12



It's so easy to be cool.

German Chocolate Cool Bars

1 cup chocolate wafer crumbs
¼ cup melted butter or margarine
2 packages (4 oz. each) BAKER'S® GERMAN'S® Sweet Chocolate
⅓ cup milk
1 package (3 oz.) cream cheese, softened
1 container (12 oz.) BIRDS EYE® COOL WHIP® Non-Dairy or Extra Creamy Whipped Topping, thawed

- Combine crumbs and melted butter. Press firmly onto bottom of 9-inch square pan.
- Grate or finely chop ½ package of the chocolate. Set aside. Heat remaining chocolate and milk in medium saucepan over low heat, stirring until chocolate is melted. With whisk beat in cream cheese until smooth. Cool 5 minutes. Fold in 3½ cups of the whipped topping and the grated chocolate. Spread mixture over crumbs.
- Spread remaining whipped topping over chocolate layer. Freeze until firm, about 2 hours. Garnish as desired. Cut into bars. Makes about 15.

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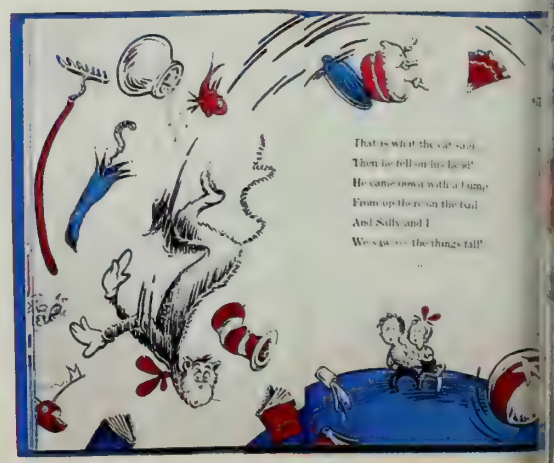
So reading isn't a chore, it's an adventure. An adventure that starts as you and your child read aloud the stories at bedtime. And before you know it, as if by magic, your child proudly announces, "I can read it all by myself."



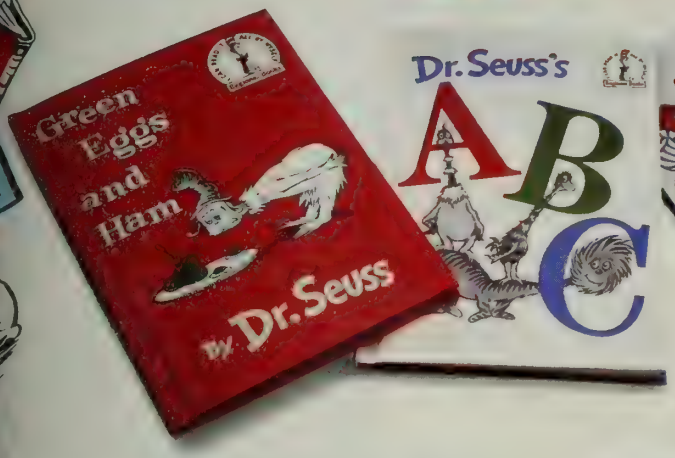
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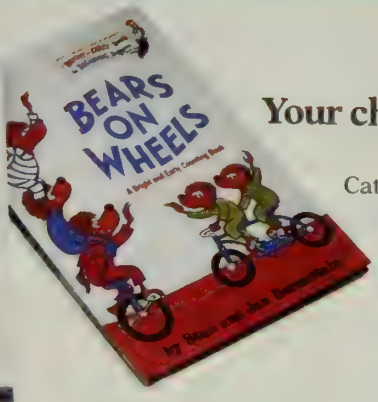
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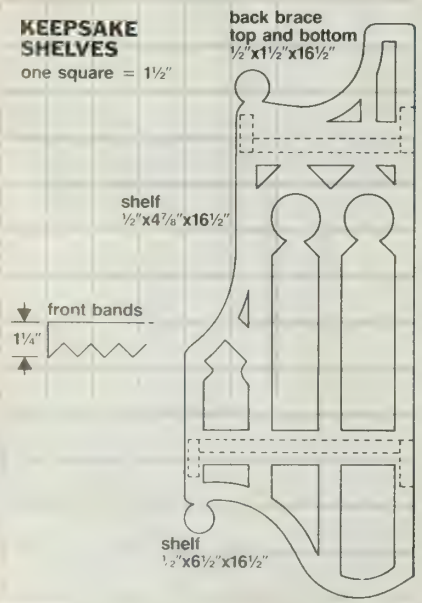
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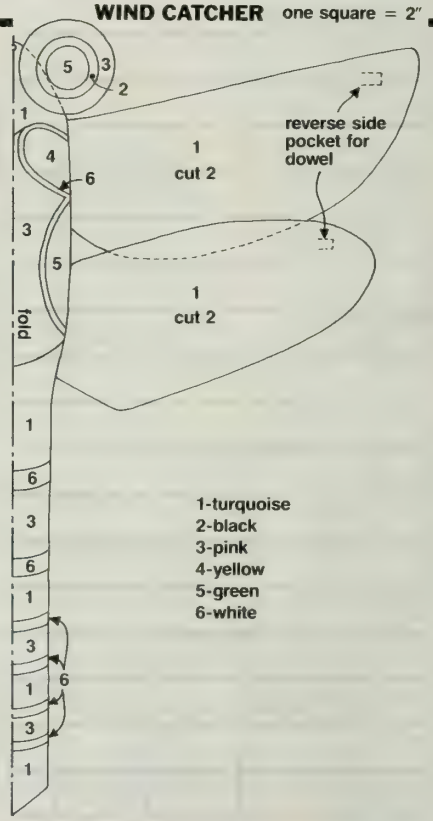
100 IDEAS

continued from pge 120

50. KEEPSAKE SHELVES, page 76

Materials: 6 ft. ½ × 9-in. red oak; glue; nails; wood filler; oil finish.





Instructions: Sand both sides of board Enlarge pattern (*far left*). Transfer de sign to wood. Cut out 2 end panels. Cu two 16½-in.-long shelf-front bands, shelves, and 2 back braces. Sand al pieces. Glue and nail ends to shelves front bands to shelves, and braces i place. Set nails and fill holes. Finish sand and apply oil finish. Unit can b hung by screwing through back braces

51. WIND CATCHER, page 77

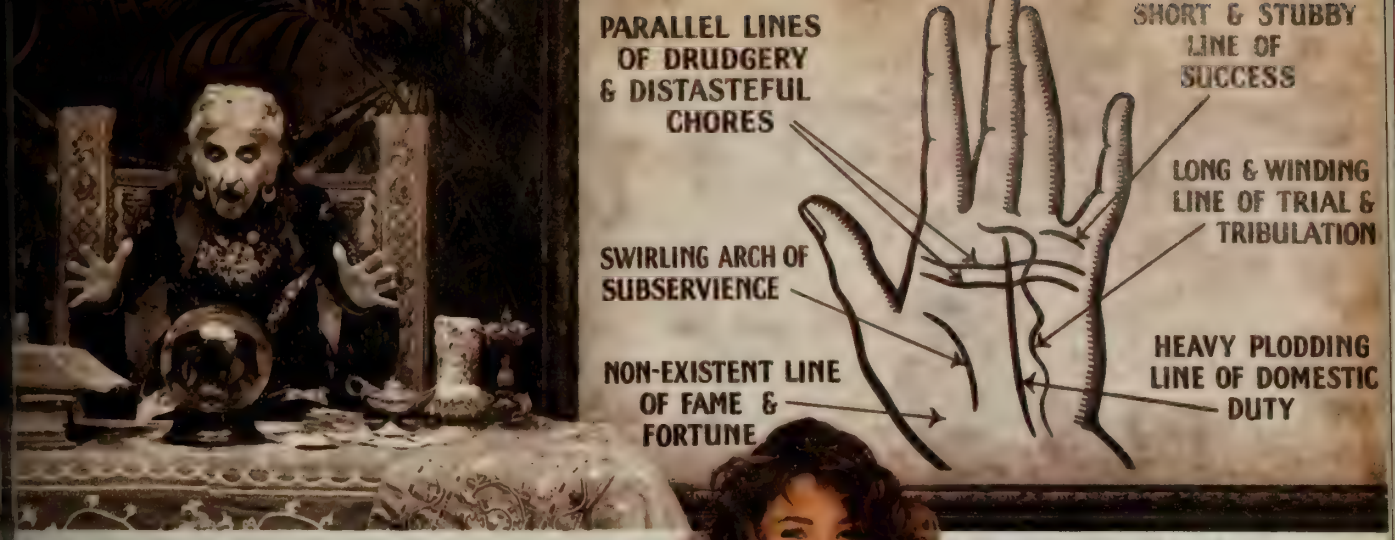
Materials: Cotton blend or nylon taffet fabric in the following amounts and col ors: ½ yd. turquoise, ⅛ yd. each dee pink, yellow, green, white, and black three ½-in. plastic rings; 1 yd. ½-in. wide grosgrain ribbon; ¼ yd. ¾-in. wide grosgrain ribbon; grommet medium snap swivel; 3/32 × 60-in. fiber glass rod; 4 plastic end caps; fishline o kite string.

Instructions: Enlarge pattern (*left*) Cut pieces from fabric as indicated add ing ¼ in. where pieces overlap. Sew with satin or zigzag stitch. Hem or zig zag-stitch all raw edges.

From ¾-in. grosgrain cut 4 dowe pockets as in drawing. Stitch the pock ets to the back of the wings.

Cut dowels to fit.

continued on page 12



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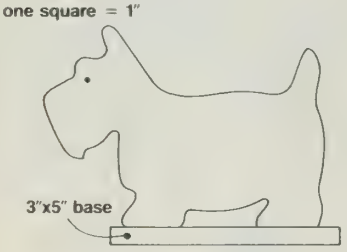
Lights: 8 mg "tar," 0.6 mg nicotine 100's: 14 mg "tar," 0.9 mg nicotine av. per cigarette, FTC Report Feb.'85. 120's: 14 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method.

continued from page 126

Fasten plastic rings to back of the nose and the eyes. Apply grommet to center top of the nose. Tie string to the grommet, then tie the other end of the string to the swivel.

Insert top dowel into a pocket and through the plastic rings into the opposite pocket. Insert remaining dowel in the lower pockets.

NAPKIN SCOTTIES
one square = 1"

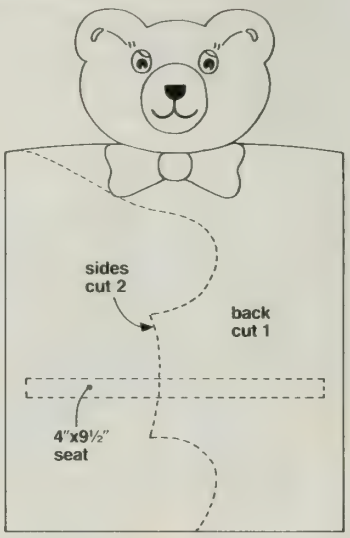


57. NAPKIN SCOTTIES, page 79

Materials: ½×6×18-in. walnut lumber; wood screws; oil finish.

Instructions: Enlarge the pattern (*above*). From walnut cut 2 scotties and a 3×5-in. base. Drill a hole in each scottie for the eyes. Sand smooth. Position scotties 1½ in. apart on the base. Screw through base and into paws of each scottie. Apply finish.

ALPHA-BEAR CHAIR
one square = 1½"



58. ALPHA-BEAR CHAIR, page 79

Materials: 4 ft. 1×12-in. pine; black, red, and white paint; glue; wood screws; wood stain; varnish; adhesive-backed alphabet letters.

Instructions: Enlarge pattern (*above*). Cut pieces from pine. Glue and screw pieces together to form chair having sides flush with back edges of the back.

Apply stain. When dry, trace face pattern onto wood of the chair back. Paint the face and tie details onto the chair. When dry, apply varnish or polyurethane over all. Position letters on chair front and back.

60. CLOSET CATCHALL, page 80

Finished size is 18×49½×58½ in.

Materials: 2 sheets ¾-in. particleboard; 1 sheet ½-in. particleboard; 3 ft. closet pole; 1 pr. closet pole brackets; nails; filler; glue; paint.

Instructions: From ¾-in. particleboard cut ends, bottom shelf, and top as shown in drawing on *page 130*. Glue and nail together.

From ½-in. particleboard cut back to fit between bottom of top shelf and bottom of bottom shelf. Glue and nail the back in place.

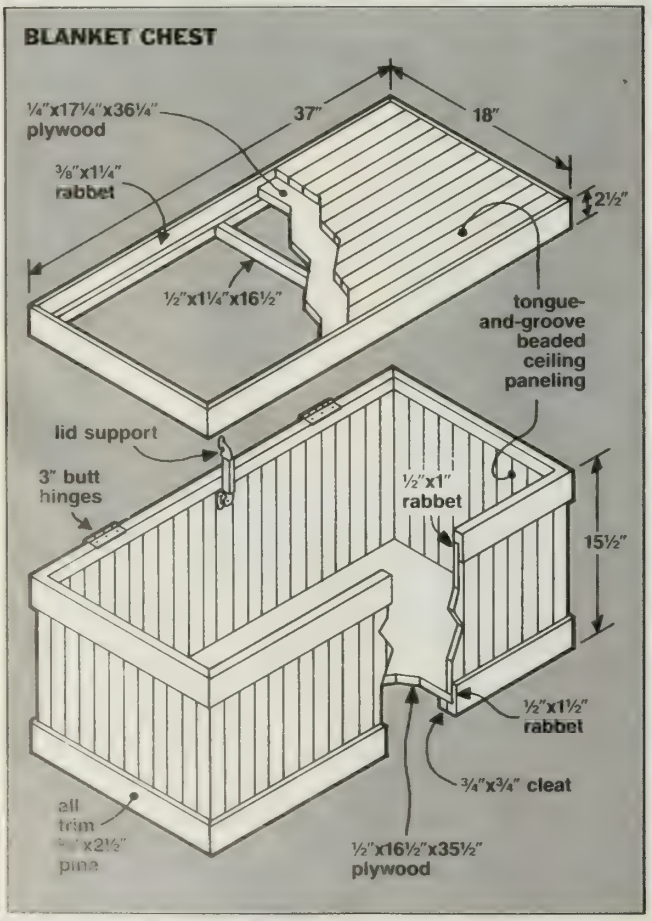
Cut center panel and short shelves to fit. Glue and nail center panel in place, then short shelves. Cut long shelves. Glue and nail in place.

Cut toe board to fit. Glue and nail in place. Set nails, fill all holes and exposed edges. Sand. Ease corners of panels and shelves.

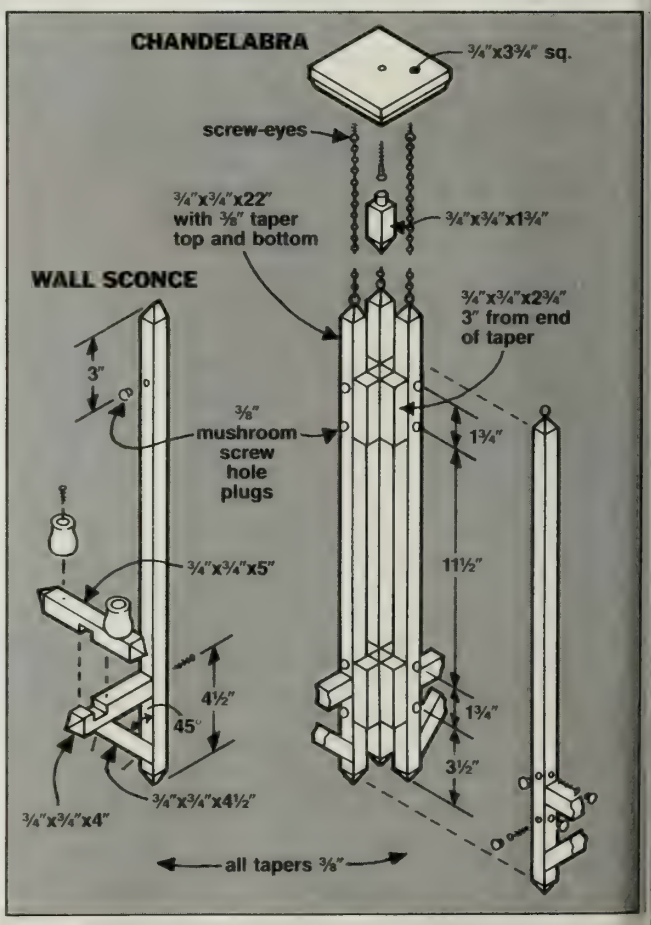
Cut closet pole to fit. Install closet pole brackets. Prime and paint unit and closet pole.

continued on page 130

BLANKET CHEST



CHANDELABRA





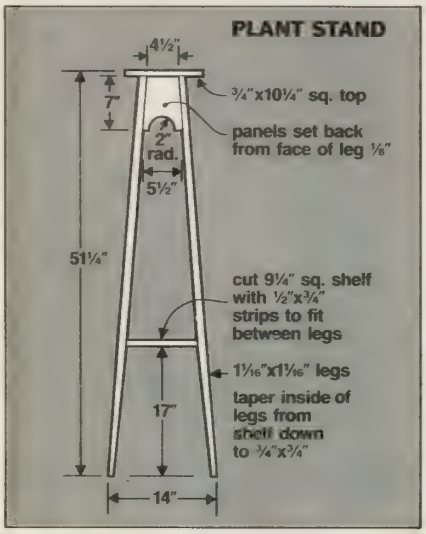
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continued from page 128



61. PLANT STAND, page 80

Finished size is 14-in. square base and 51¼ in. tall.

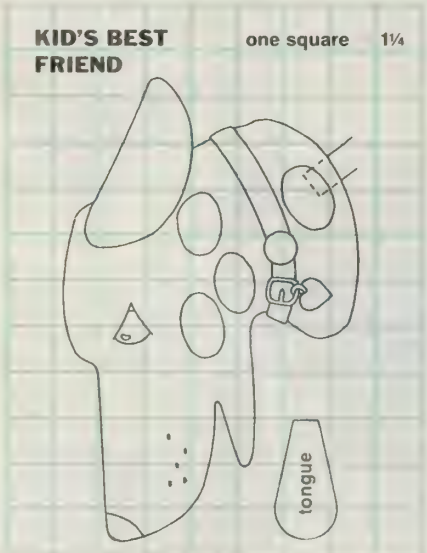
Materials: 5 ft. ⅝×6-in. pine; 6 ft. 1×10-in. pine; eight 1¼×8-in. wood screws; 1¼-in. No. 16 brads; glue; finish; filler.

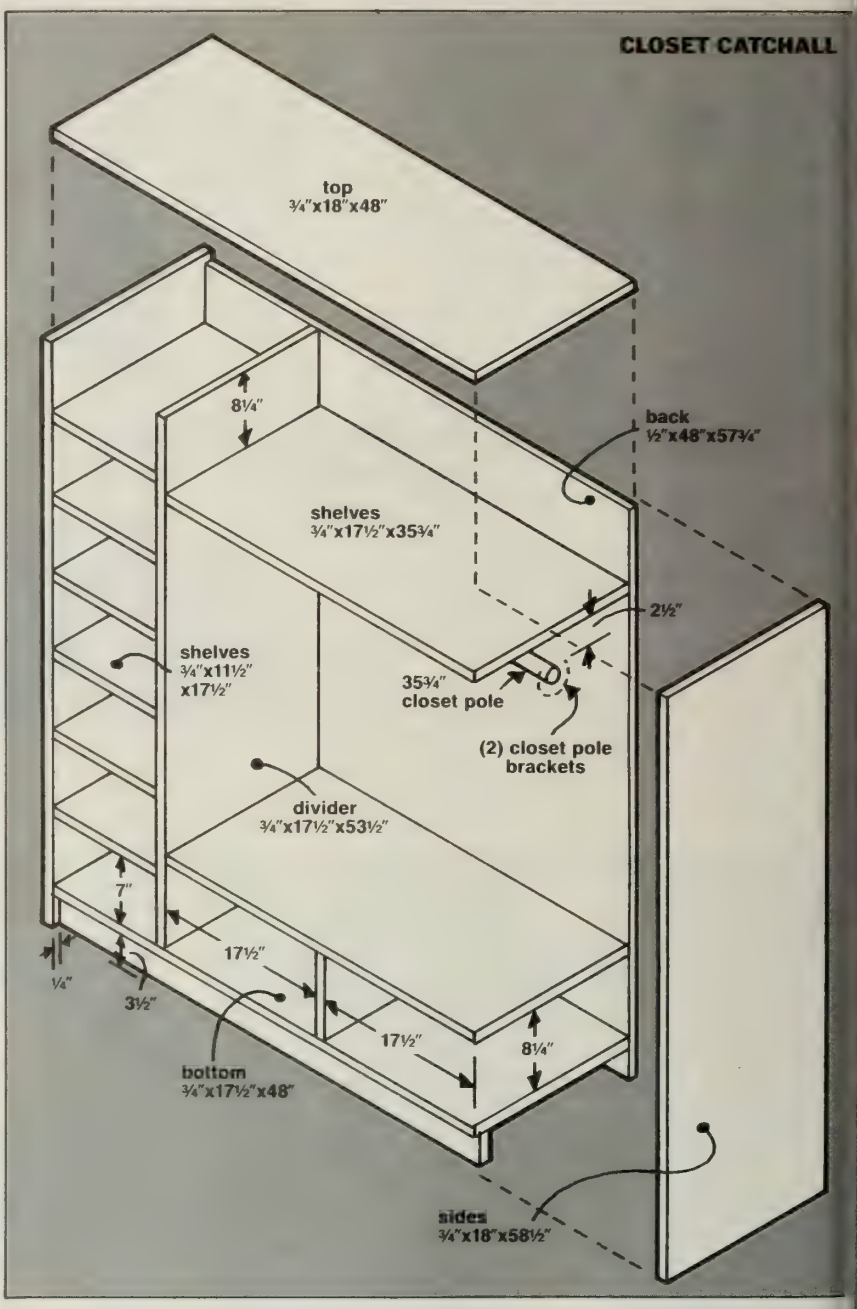
Instructions: From ⅝-in. pine rip four 50½-in. legs. Taper legs below position for bottom shelf on inside edges only to ¾×¾ in. at floor. See drawing *above.* Sand the legs smooth.

From 1×10-in. pine cut 9¼-in.-sq. shelf, 9¼-in.-sq. top, and 4 brace pieces as in the drawing.

From brace bottoms cut 2-in.-radius half-circle in each brace. Spleen braces to legs inset ⅛ in. from edges. Clamp till glue sets.

Cut ½×¾-in. strips to fit between the legs and the bottom shelf. Glue and nail these strips to the shelf. Screw through bottom of shelf into all 4 legs. Set nails.





Sand top of frame smooth and level. Band the top shelf with ½×¾-in. pine being sure to miter the corners. Sand. Screw top to frame from bottom.

Fill all nail holes. Sand all pieces smooth. Apply finish.

62. "R-R-RIBBIT" CHAIR, page 80

Materials: 4 ft. 1×12-in. pine; nine 1½-in. No. 8 wood screws; glue; green and white paint.

Instructions: Following the drawing on *page 134* cut all the pieces from pine. Cut out lower half of the eyes. Glue and screw the chair together. Glue and screw the braces to the chair. Sand smooth. Prime and paint the chair.

65. KID'S BEST FRIEND, page 82

Materials: 9×14-in. piece ⅝-in. pine; wooden shaker pegs; 2 wooden hobb wheels with axle dowel; 3 ft. ¾-in.-di wooden dowel; acrylic wood seale glue; antique white, black, red, gra brown, and yellow acrylic paints; scra of thin red leather; varnish.

Instructions: Enlarge pattern (*far le*) Cut head from pine. Sand and rou edges. Apply sealer. Drill holes for pe and dowel.

Paint all pieces. Glue pieces togethe Drill hole at base of dowel for whee Attach wheels using axle dowel. Gl leather tongue in place.

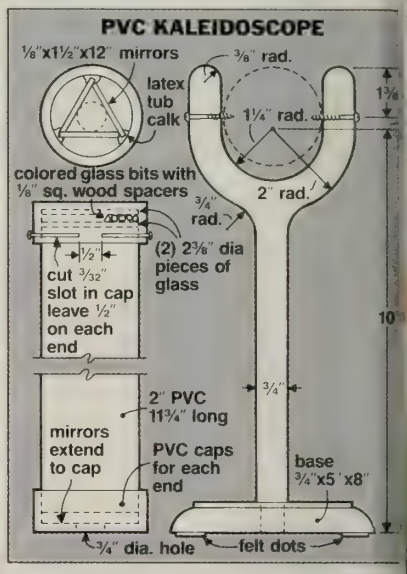
continued on page 1

For fresher panties and a fresher you:



Disc

continued from page 130



66. PVC KALEIDOSCOPE, page 82

Materials: 2×11¾-in. PVC pipe; 2 PV end caps; three ⅛×1½×12-in. mirr pieces; two ⅛×2¼-in.-dia. pieces gla or acrylic; wood scrap; ⅜×5×8-in. wa nut; ¾×4×11½-in. walnut; two ⅜-i No. 2 brass roundhead screws; two 1¼ in. No. 8 brass roundhead screws; tu caulk; bits of colored glass; thin tissu paper; spray paint; masking tape; pol urethane finish.

Instructions: In 1 end cap cut a 2-i diameter hole for glass. Sand smoot Using a hacksaw cut 2 slots to rota end piece (as in drawing *above*). Fi smooth. Be sure slots are wide enoug to permit screw to fit, but not to pa through.

In second endpiece drill ¾-in. e hole. Sand smooth. With file and san paper remove mold marks from bo end caps.

On PVC pipe file 1 end slightly allow rotation of end cap.

From scrap wood cut three ⅛-in.-s spacers. Glue spacers to surface of piece of glass.

Assemble the 3 mirror strips into triangle using masking tape to ho them together. Be sure ends are eve Apply tub caulk as glue to mirror edg but not to the masking tape. Let caul dry. Remove tape. Caulk remainin seams. Let dry. Fit mirrors into PV pipe. You may need to shim the mirro to fit. Remove mirrors. Spray-pai pipe and end caps.

Use 5×8-in. walnut for base. Route decorative edge if desired.

From 4×11½-in. walnut cut yoke shown in the drawing. Round-over the edges.

Drill a ⅝-in. hole in base cent Carefully notch and whittle yoke bo tom to fit. Sand. Glue yoke into ba Finish with polyurethane.



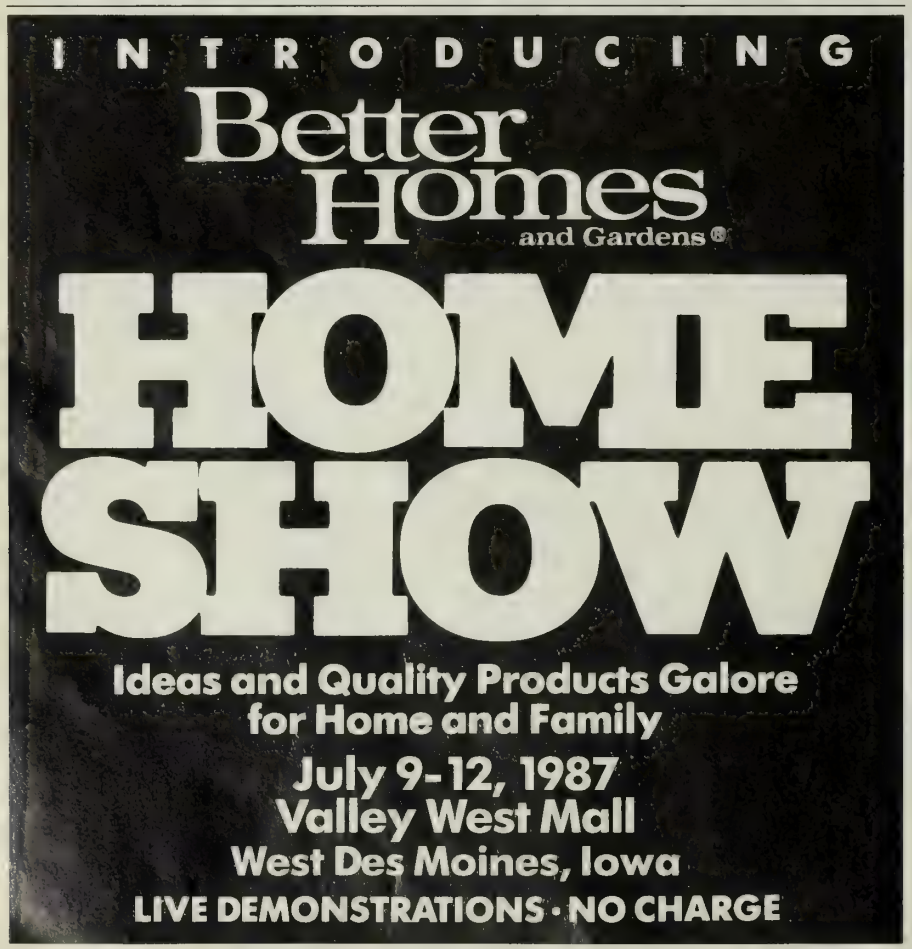
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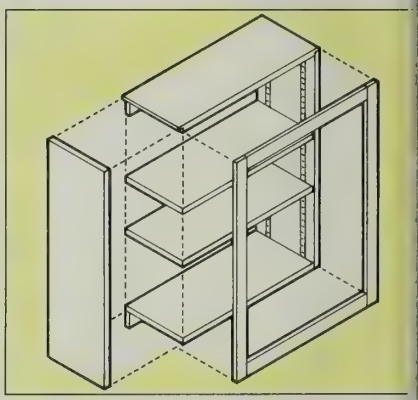
PROJECT

COOKBOOK CACHE

You can do it! Build a bookcase an turn a wasted corner into hand cookbook storage. Hang it at the en of a row of cabinets. Adjustabl shelves allow you to create slots for recipe file, small books, and full-siz hardbacks.



Nine inches of empty space besid this bank of cabinets begged to be use Rather than waste the space, the hom owner had a standard bookcase wit matching finish built in. For an eve more finished look, you could exten the countertop over the bookcase.



To build the cookbook cache, follo this construction sequence. Cut side top, and bottom. Then, cut grooves fo shelf supports and insert the hardware Assemble the box and attach it wit corner brackets. Nail on face frame an finish to suit.

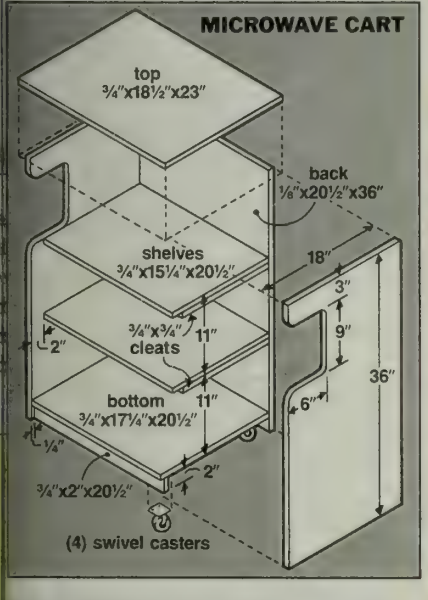
Design: Dolores Foster
Field editor: Estelle Bond Guralnick

Assemble kaleidoscope by sliding mirrors into pipe. Glue in place with tub caulk. Mirrors should be flush with pipe bottom on end that will hold glass, and mirrors will protrude ¼-in. on the end to hold eye cap. Install eye cap. Glue in place with tub caulk.

To assemble rotating end: Cut tissue to fit over 1 piece of glass. Assemble in order: glass, tissue, bits of colored glass, and second piece of glass with spacers. Position small screws through slots and mark location on PVC. Remove end cap. Drill holes for screws in PVC. Reposition end cap and install screws.

Mark and drill holes in yoke for screws allowing enough space so screws will rotate. Position kaleidoscope in yoke centered end to end and within yoke. Mark position for screws on PVC. Drill holes in PVC. Lubricate tips of screws before installing them through yoke into PVC.

If desired, install 4 felt dots on bottom of base.



67. MICROWAVE CART, page 82

Finished size is 18½×23×36¾ in.

Materials: 1 sheet ¾-in. birch plywood; ½ sheet ⅛-in. tempered hardboard; four 2-in. casters; paint; nails; filler.

Instructions: From plywood cut all pieces except back. Cut rabbet in side back edges for back. Glue and nail bottom shelf flush with front. Glue and nail toe board in place. Glue and nail shelf that fits below cutout even with rabbet. Glue and nail remaining shelf in place.

Cut hardboard to fit in back flush with top of side panels and bottom of bottom shelf. Glue and nail in place.

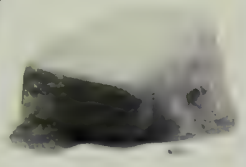
Glue and nail top flush with back with equal overhang on ends.

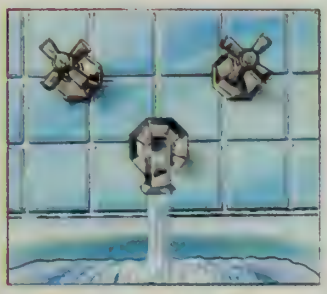
Sand. Set nails, fill holes, and sand again. Prime and paint. When dry, attach casters.

continued on page 134

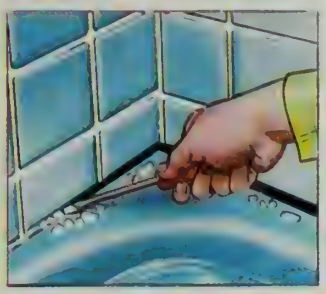
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continued from page 133

68. WIND SOCK, page 83

Materials: 1¼ yd. each ripstop nylon or kite fabric (see Buying Guide, *page 153*) in: red, blue, yellow, green; scrap white ripstop nylon; thread; ⅔ yd. fabric-covered boning; 3 grommets; 3 yd. nylon cord or monofilament fishline; barrel fishing swivel.

Note: Use ½-in. seams throughout.

Instructions: Enlarge pattern (*below right*). From each of 4 colored fabrics cut 2 body pieces and two 40¼ × 3½-in. tails.

Cut eye patterns from white, blue, and green. Baste eye pieces together following drawing. Baste eyes to yellow fronts as indicated in drawing.

With right sides together sew center front seam. Trim to ¼ in.

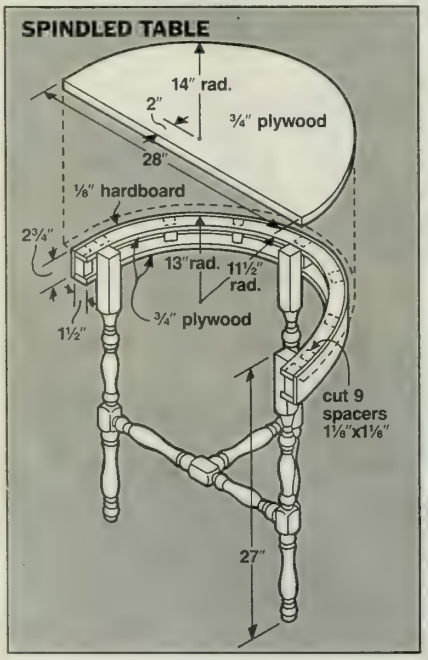
With blue thread, zigzag-stitch around blue section of each eye. With black thread, satin-stitch for eyelashes and across bottom of upper lid. With green thread, satin-stitch around pupil to eyelid. With red thread, satin-stitch mouth.

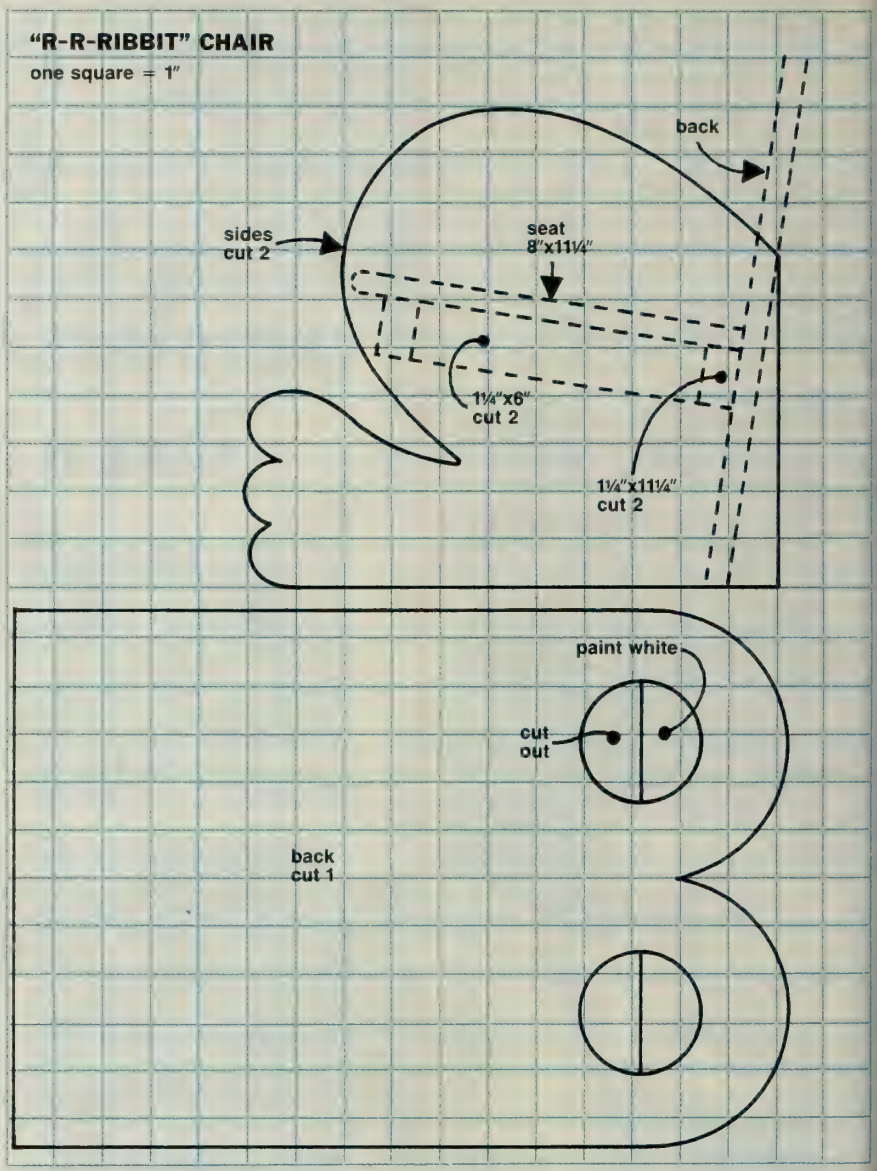
With right sides facing sew remaining body pieces to front in order: red, blue, and then green. Greens will meet at back.

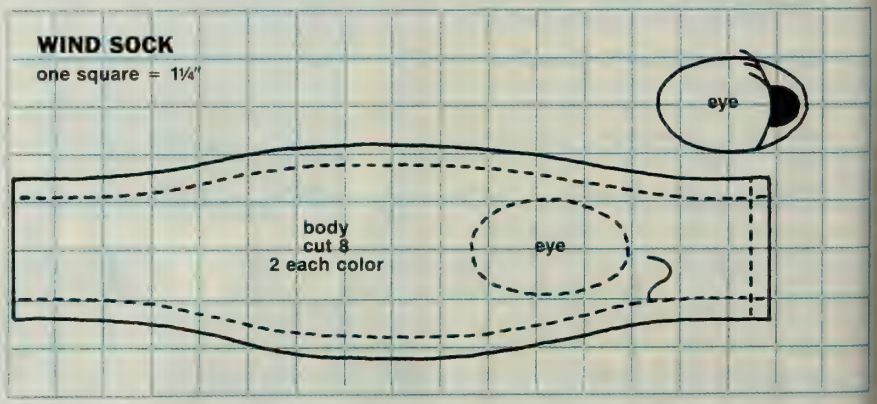
For tails, fold under both long edges and one short edge ¼ in. Fold under ¼ in. again and stitch. With right sides facing and raw edges even, pin tails to bottom of body. Stitch. Press seam toward body and stitch in place.

Using a zipper foot, sew right side of boning to right side of body top. Turn boning to inside and stitch close to both edges of boning.

Insert grommets equally spaced around top edge.







Cut cord into 3 equal pieces. Fold 1 piece in half; thread through grommet. Pull ends through folded loop to secure. Repeat with remaining cords. Fasten cord ends to barrel swivel and secure. Hang sock from swivel.

69. SPINDLED TABLE, page 83

Materials: ½ sheet ¾-in. birch plywood; ⅛ × 2¾ × 48-in. tempered hardboard; four 30-in. wooden spindles; paint; screws; nails; glue.

continued on page 136

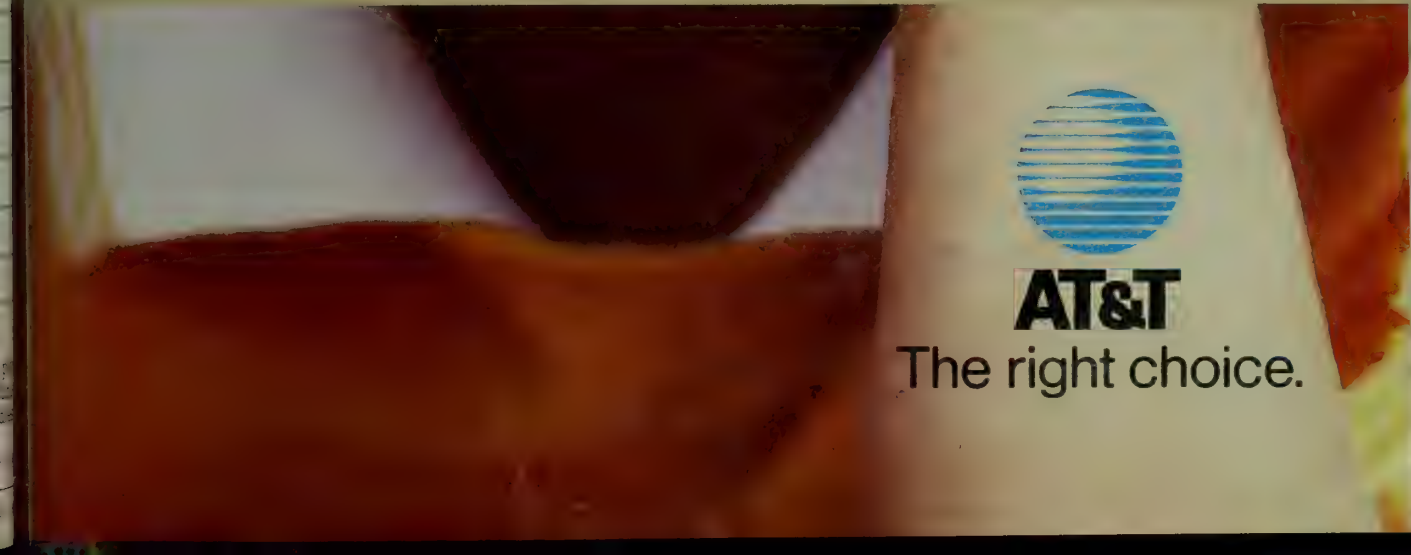


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continued from page 134

Instructions: Measure and cut spindles to make legs (see drawing on *page 134*). Dowel, glue, and clamp together.

Spindle legs will determine size of tabletop. Use drawing (*page 134*) as guide. On plywood carefully lay out top and skirt ribs. Cut top, skirt ribs, and spacers from plywood.

Glue and nail hardboard to skirt ribs with spacers in place. Set nails; fill holes; sand. Fill and sand edges of top. Glue and screw through top rib into bottom of top.

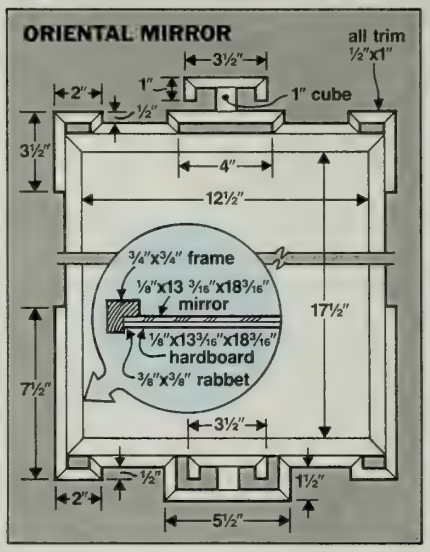
When glue is dry on both sections of the table, lay the top facedown on a clean, flat work surface. Screw legs to the top. Sand the entire piece. Fill the edges; sand again. Apply primer. When primer has dried, apply paint.

70. ORIENTAL MIRROR, page 83

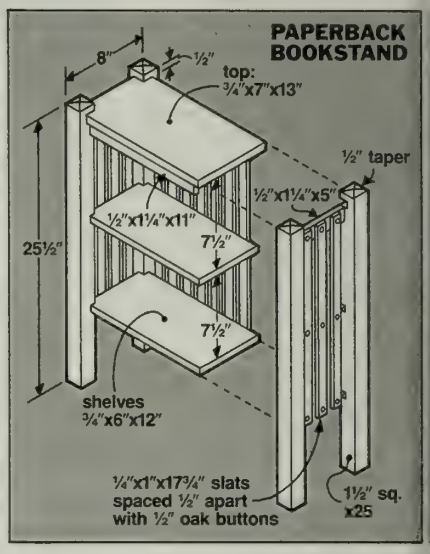
Materials: 6 ft. 1×1-in. clear pine; 7 ft. ½×1-in. clear pine; ⅛×13⅛×18⅛-in. tempered hardboard; ⅛×13 3/16×18 3/16-in. mirror; brads; glue; filler; paint; glazier's points; hanger.

Instructions: From 1×1 pine build a 14×19-in. frame, mitering corners. Cut a ⅜×⅜-in. rabbet in frame back.

Insert hardboard into rabbet and secure with glazier's points.



Following drawing (*above*) cut ½×1-in. pine trim pieces. Glue and nail in place. Sand. Set nails and fill holes. Sand smooth. Remove hardboard. Prime and paint. When dry, lay frame facedown. Position mirror and hardboard back, replace glazier's points. Mount hanger.



73. PAPERBACK BOOKSTAND, page 84

Finished size is 8×14×25½ in.

Materials: Four 2×2×30-in. oak furniture posts; 8 ft. 1×10-in. red oak lumber; eighteen ½-in. oak buttons; twelve 1½-in. No. 8 wood screws; nails; glue; filler; finishing oil.



Instructions: Machine furniture posts to 1½ in. square and 26 in. long. Taper top ½ in. on all sides. Taper bottom ¼ in. on all sides. Sand.

Following drawing on *page 136* lay out shelf location on legs. Chisel notches for shelves from legs.

From oak cut shelves. Sand. Glue and clamp into slots on legs. Make sure unit is square.

From oak cut ¾ × 1¼-in. skirts for under top shelf to fit between legs. Clamp and toenail underside to legs.

Drill and screw the underside of shelves on angle into the legs with wood screws.

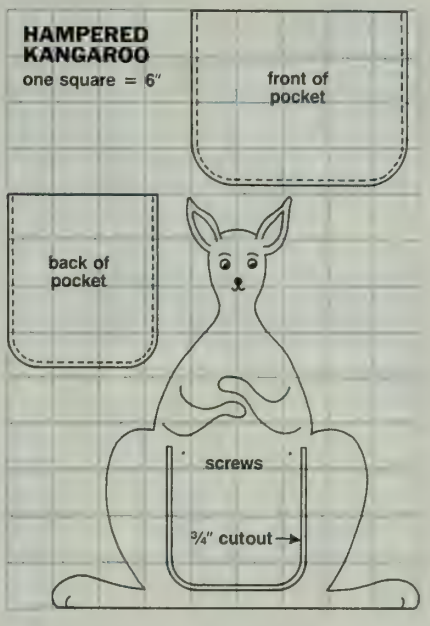
From oak cut 1 × ¼-in. slats. Sand. Position, then glue and nail slats to skirt and shelves.

Drill holes for oak buttons. Glue buttons in place. Sand, set nails, fill holes. Sand again. Finish.

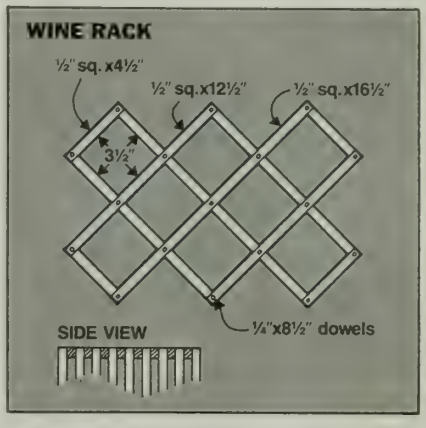
74. KANGAROO, page 84

Materials: 1 sheet ¾-in. particleboard; paint; 1 yd. 45-in.-wide fabric; ½ × 18-in. elastic; nylon self-fastening tape; thread; glue.

Instructions: Enlarge pattern (*right*). Cut from particleboard. Fill edges and sand smooth. Paint entire kangaroo. Add painted face details.



From fabric cut pocket pieces. On front baste around sides and bottom. Gather to fit back. With right sides facing, pin front to back; sew. Turn top edge under 1 in. Stitch, leaving opening for inserting elastic. Insert elastic. Stitch ends of elastic together. Stitch opening closed. Sew one half of fastening tape to inside of pocket back. Glue second half of tape to back of kangaroo at top of cut. Slip pocket over cutout in kangaroo. Press fastening tape together to hold in place. Mount kangaroo to wall or door using screws.



75. WINE RACK, page 84

Materials: 4 ft. ½-in. red oak; five ¼-in. oak dowels; wood glue; spray polyurethane or lacquer.

continued on page 138



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continued from pge 137

Instructions: Rip oak to ½-in.-sq. lengths then cut these pieces into thirty-two 4½-in., thirty-two 12½-in., and sixteen 16½-in. pieces.

Cut the ¼-in. oak dowels into seventeen 9-in. pieces.

Bore ¼-in. hole ¼ in. from each end of each ½-in.-sq. oak piece. On 12½- and 16½-in. pieces drill ¼-in. hole 4¼ in. from each end. In the 16½-in. pieces drill another ¼-in. hole at center point. Sand all pieces.

To assemble: Lay out in a row slanted at a 45-degree angle one 16½-in. center, two 12½-in. pieces (positioned on each side of first 16½-in. piece), two 4½-in. pieces beyond the 12½-in. pieces (see drawing on *page 137,* first row is shaded). Then lay same number of pieces in same order but at a reverse 45-degree angle on top of first row, lining up holes. Apply glue to areas making contact. Apply glue to 1 in. of dowel. Insert glued dowel end into aligning holes on overlapping joints. Apply more glue to dowel and alternately layer more pieces by pushing them onto dowels. Check each row to make sure it forms 3½-in. square holes in rack. Repeat until all pieces are in place. Wipe off excess glue as you work.

Let glue dry. Sand. Spray finish onto entire rack.

77. LOG CABIN QUILT, page 85

Finished size is 96×114 in.

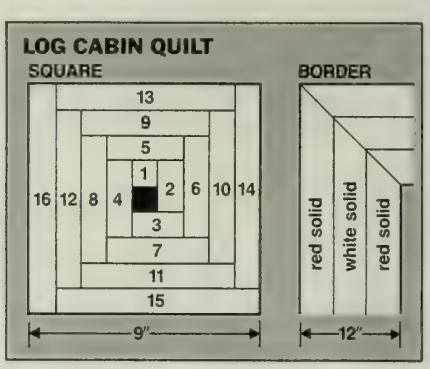
Materials: 45-in.-wide cotton fabric: 5 yd. red, 3 yd. red print, 4 yd. white, 3 yd. white print, ⅛ yd. black, 9 yd. backing; 2 pkg. queen-size quilt batting; thread.

Instructions: Use ¼-in. seam allowances on blocks; ½-in. seam allowances for borders.

Make 40 blocks each of 2 basic color combinations (see drawing *above right).*

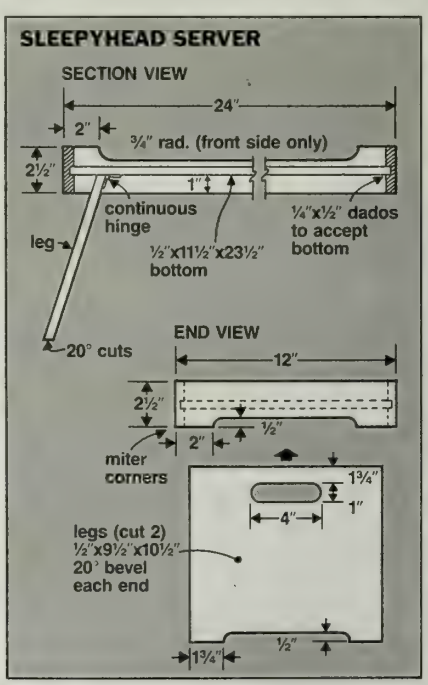
Cut eighty 10-in. backing squares; 160 nine-in. quilt batting squares; eighty 1½-in. black center squares; and 1½-in.-wide strips the width of fabric from remaining colors leaving some red and white fabric for borders.

To make block: Position 2 batting squares on wrong side of a backing block. Center black square right side up on batting. Pin in place. Attach red strip (1) to center square with right sides facing for first log. Stitch through batting and backing. Fold out flat. Lay red fabric on top of both squares with right sides facing (2). Stitch 1 edge. Cut to length. Measure often to outside edge of backing to keep block square and logs even. Continue around, attaching each color twice: white print, red print, white, then repeat sequence once more. This makes four 1-in.-long strips on each side of center black square. For one color scheme follow drawing using: red (1, 2, 9, 10); white print (3, 4, 11, 12); red print (5, 6, 13, 14); and white (7, 8, 15, 16). For second half of blocks use: red print (1, 2, 9, 10); white (3, 4, 11, 12); red (5, 6, 13, 14); white print (7, 8, 15, 16).



Lay out blocks in a diagonal-stripe pattern making sure no two outside logs of same color are side by side. With right sides of tops facing, join by stitching through tops only. Seam backing blocks together by hand.

Border: Measure exact size of quilt then add 25 inches to both length and width. From fabric cut 5-in.-wide strips: 2 red and 1 white to length. Stitch 1 red strip to a 13-in.-wide backing strip of same length. This will be the outside edge of border. Cut 2 layers of 12-in.-wide batting. Position batting between backing and red strip. Pin white strip to red strip with right sides facing. Stitch through all layers. Fold flat. Pin second red strip to white strip with right sides facing. Stitch. Fold flat. Make 4 border strips. Miter corners; attach to blocks as for joining blocks. Sew backing border to backing by hand.



78. SLEEPY-HEAD SERVER, page 85

Finished size is 12×24 in.

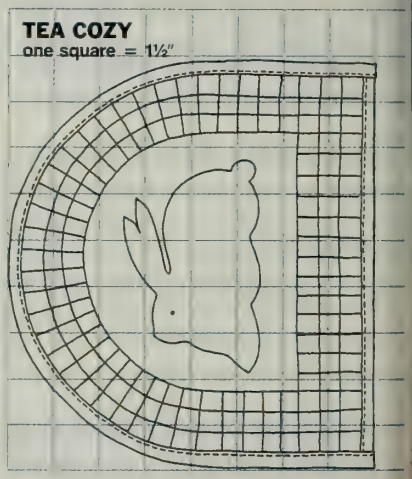
Materials: ½ sheet ½-in. plywood; 8 ft. 1×4 pine; two 1½×10-in. continuou hinges; nails; glue; paint.

Instructions: Cut pine 2½ in. wide fo skirt (see drawing *below left*). Dado fo shelf. Cut pieces, mitering corner Sand. Glue and nail ends to back.

From plywood cut shelf to fit in dad Fit shelf; glue and nail in place. Glu and nail front to ends and shelf. San Ease all ends with sandpaper. Set nail fill holes; sand.

From plywood cut 2 legs. Cut a 1 degree angle along top of each leg. Cu hand hole in each leg. Sand.

Position hinges on legs and tray t allow ⅛-in. clearance when closed. A tach hinges. Prime and paint.



79. TEA COZY, page 86

Materials: 1¼ yd. 45-in.-wide bleache muslin; 1 yd. quilt batting; 1 pkg. extra wide, double-fold bias tape; threa white, lt. blue violet, deep red, blac fabric paints; extra-fine-point perma nent marking pen; cardboard; pus pins; paintbrushes.

Instructions: Enlarge pattern (*above* Wash and dry muslin. From muslin cu four 16×18-in. pieces. Transfer desig to cardboard. Stretch 1 muslin piec over design and pin in place. Usin marking pen, trace design onto muslin

Mix paints: for blue add sma amount of black to lt. blue violet; fo pink add white and small amount black to red; for gray add black t white. Thin all colors with water.

Paint design as indicated in photo o *page 86* letting each color dry befor adding another color. Remove musli from cardboard. With iron press 3 mi utes to set colors. Darken lines of chec pattern using marker. Repeat paintin and marking for back.

Cut two 16×18-in. quilt battin pieces. Sandwich batting between painted muslin and 1 plain musli piece with wrong sides facing. Baste With black thread machine-quilt line of rabbit, border around rabbit, and ½ in. from outside edge. Trim sea

continued on page 14

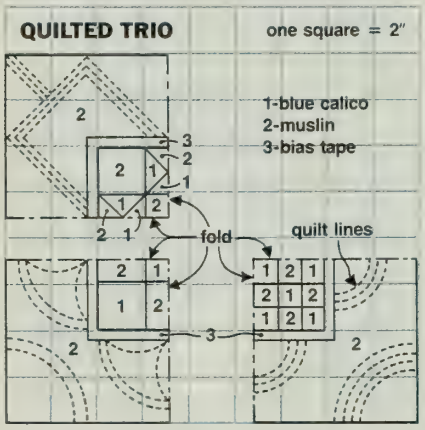


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continued from page 138
allowance close to stitching. Baste bias tape over bottom edge. Stitch. Repeat for back.

With wrong sides facing, baste front to back. Baste bias tape over top edge, folding ends under at bottom edge. Stitch. Remove basting. Press.



81. QUILTED TRIO, page 86
Makes three 15-in.-sq. pillows.
Materials for three pillows: 1 yd. 45-in.-wide muslin; ½ yd. each calico in blue dot, blue hearts, and blue floral; 5 yd. ¼-in.-wide cording; 3 skeins blue embroidery floss; 1 pkg. each ½-in.-wide single-fold bias tape in brick, rust, copper; ½ yd. 45-in.-wide quilt batting; thread; three 12-oz. bags fiberfill; water-erasable marking pen.
Instructions: Enlarge patterns (*left*). Cut pieces for center designs adding ¼-in. seam allowances to all edges. For each pillow sew center design pieces together. Be sure to press seams open as you work.

Cut 2 muslin and 1 calico 15-in. square. On 1 muslin piece trace pattern leaving ½-in. seam allowances. Pin center design block to center of marked muslin piece. Pin bias tape over center block edges, turning ends under at corners. Slip-stitch tape to pillow top and center block. Press.

From batting cut 15-in. square. Sandwich batting between pillow top and second muslin piece with wrong sides of muslin facing. Pin. Baste through all three layers working from center to outside edges.

Using 3 strands of floss and a small running stitch, quilt around center block design and each side of bias tape. Finish quilt design on top.

From calico cut 1⅝-in.-wide bias strip to cover cording. Divide cording in thirds. Fold calico strip in half lengthwise. Insert cording. With zipper foot stitch close to cording.

Trim pillow top edges even. With raw edges together baste cording to pillow top right side using ½-in. seam allowance. Where cording meets, open fabric on 1 end. Trim cording to fit pillow top. Fold raw edge of fabric under. Clip to cording at corners as you work.

With right sides facing pin calico back to pillow top. Stitch together leaving opening for turning. Trim corners and turn right side out. Press. Fill with fiberfill. Stitch opening closed. Repeat for remaining 2 pillows.

84. QUICK FELT FRAME, page 87
Materials: ½ yd. 72-in.-wide blue felt 9×12-in. felt blocks: 2 white, 1 each red and rose; crafts glue; heavy cardboard.
Instructions: From cardboard cut two 11×13-in. and one 2½×11-in. (stand) rectangles. From center of one 11×13-in. piece cut 5×7-in. hole for front.

Glue blue felt in place to cover back and stand. From blue felt cut 13×15-in. rectangle. Cover front. Cut felt to match cardboard frame. Do not turn edges under.

continued on page 142

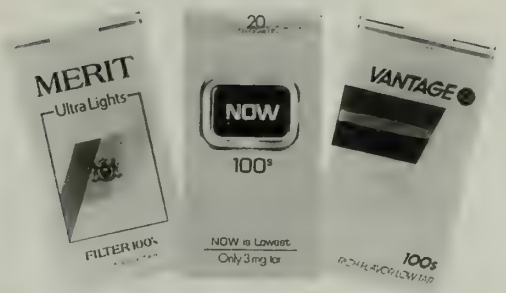
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continued from page 140

Enlarge pattern (*right*). Cut out design allowing for 1-in. turn-under on inside and outside edges of design.

With a pencil and ruler lightly draw in check design. Glue pink corner blocks in place. Glue sheep to corner blocks. Glue white checks in place taking care to keep rows straight. Turn under and glue edges to back of front.

With wrong sides facing, glue front to back. Weight down and let dry. From blue felt cut 2½ ×5-in. strip and glue to back center bottom. Bend top of stand strip back about 2 in. Glue bent section to back of frame for stand. Glue second end of 2½ ×5-in. strip to stand to form the backing brace.

85. TABLECLOTH, page 87

Finished size is 72-in. dia.

Materials: 72-in-wide felt in the following amounts and colors: 2 yd. lt. blue, ¾ yd. white; 9×12-in. dk. blue felt; 7 yd. ¾-in. cording; thread; fusible webbing.

Instructions: From lt. blue felt cut a 72-in.-dia. circle.

Enlarge rabbit pattern (*right*). From white felt cut 20 rabbits; four 3×72-in. strips and three 1×72-in. strips. From dark blue cut twenty ¼-in.-dia. eyes. Stitch an eye to each rabbit. Pin rabbits to circle with bottoms 3½ in. from outside edge and about 3½ in. apart. Appliqué in place.

Stitch 1-in. strips together and 3-in. strips together using ¼-in. seam allowance. Cut fusible webbing into ¼-in.-wide strips. Fuse 1-in. strip to cloth with bottom edge 11 in. from edge.

Cover cording with 3-in. strip using zipper foot on sewing machine. Trim seam allowance to ¼ in. With right sides facing and using zipper foot, stitch cording to bottom of cloth using ¼-in. seam. Where cording meets, open covering about 2 inches. Trim cording. Pull covering over beginning end of cording. Press seam toward cloth.

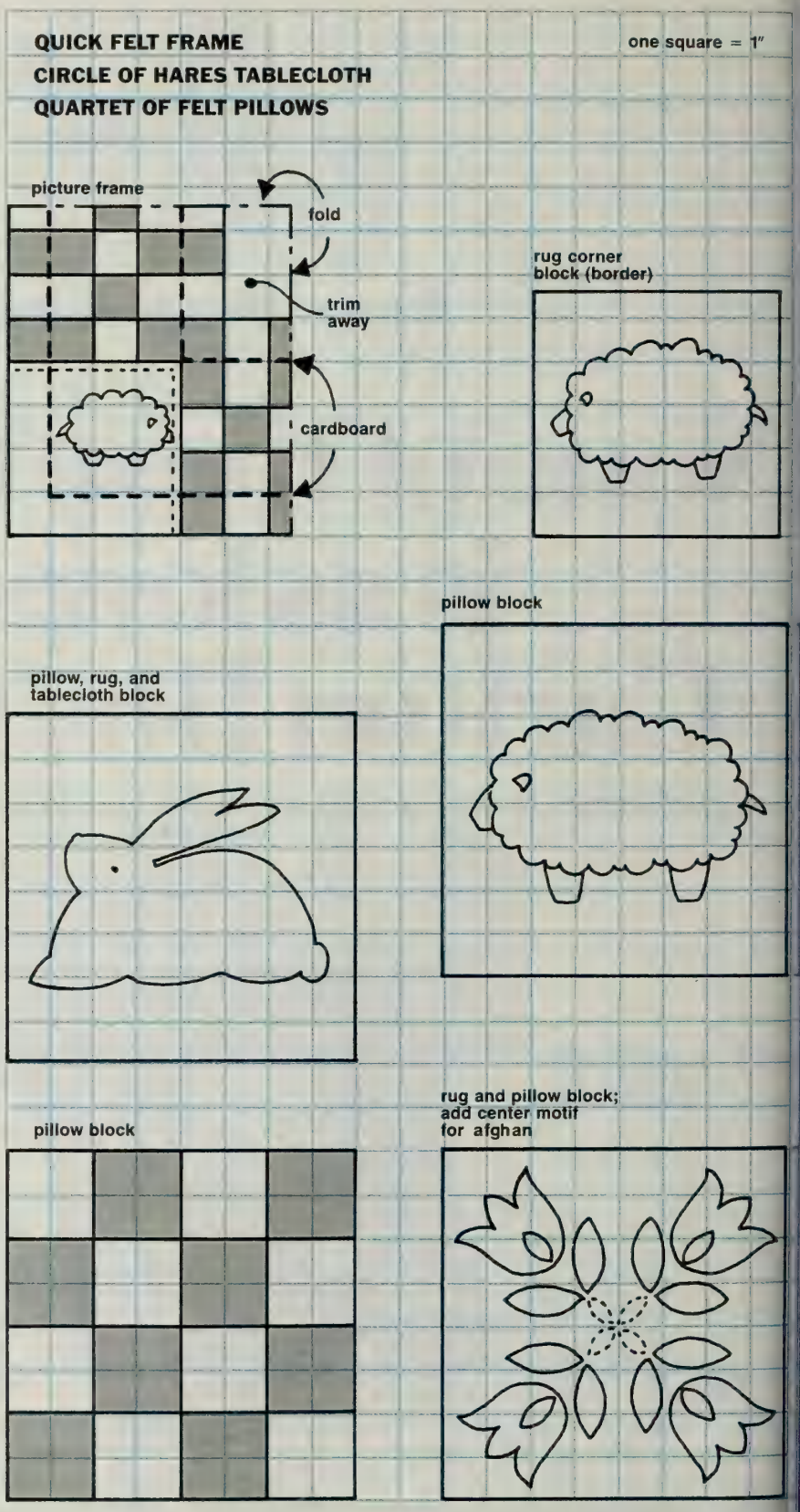
86. PILLOWS, page 87

Finished size is 15-in. sq.

Materials for each pillow: Two 15-in.-sq. background felt pieces; 8-in.-sq. felt for appliqué; four 3½-in.-sq. felt for corners; felt scraps; 1¾ yd. heavy cording; 2×72-in. strip felt to match appliqué block; thread; fiberfill; fusible webbing.

Instructions: Following directions with rug on *page 146*, appliqué design of your choice on 8-in.-sq. center block. With webbing fuse appliquéd block to center of one 15-in. sq.; fuse 3½-in. sq. to corners. Appliqué to top.

Fold 2×72-in. strip in half lengthwise. Insert cording. With zipper foot, stitch close to cording. Trim seam allowance to ½ in. Stitch cording to right side of the pillow top matching seam allowances. Where cording meets, trim back cording and cover the joining with felt. Clip cording seam allowance at corners as you work.



With right sides facing, pin top to back. Stitch, leaving opening for turning. Trim the corners. Turn right side out. Fill with fiberfill. Stitch opening closed. Repeat for other pillows.

continued on page 146

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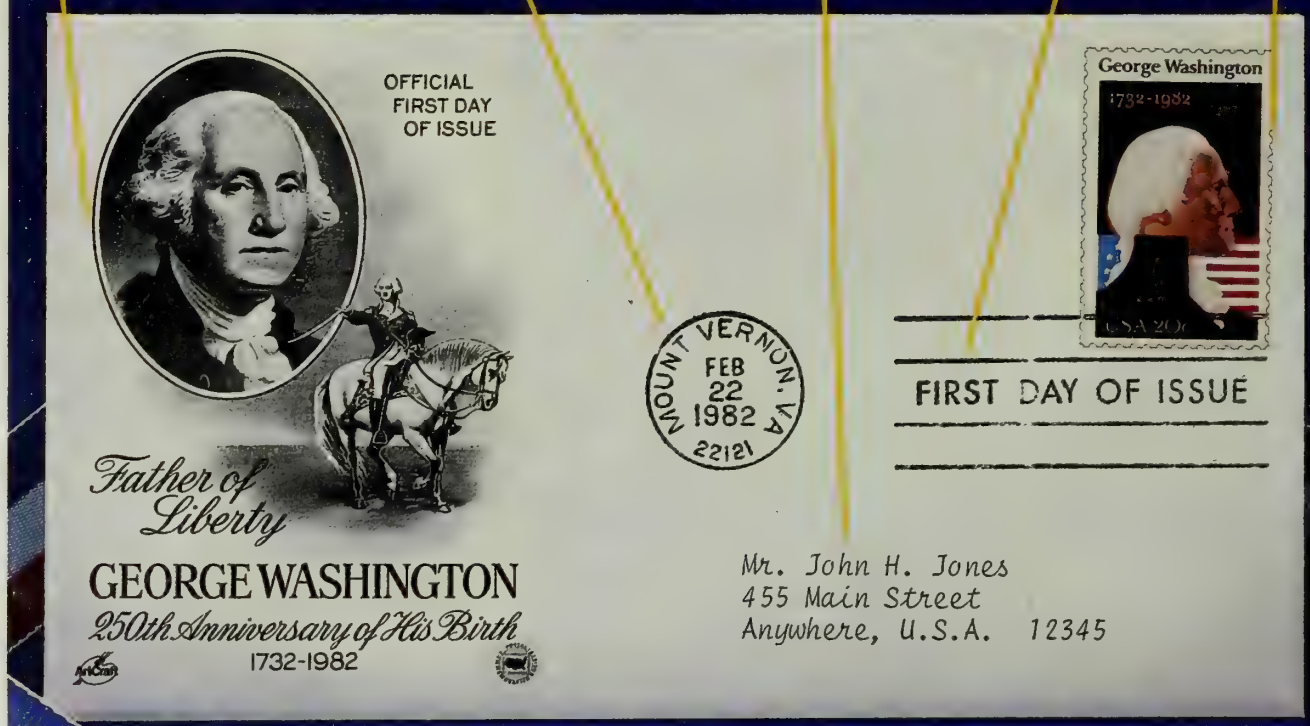
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continued from page 142

87. FRINGED AFGHAN, page 87
Materials: 1¼ yd. 60-in.-wide dk. blue wool; ⅛ yd. each 72-in.-wide felt white, rose, and blue; 9×12-in. piece red felt; 6 yd. 6-in.-wide white fringe; thread; 4 yd. each blue and rose Persian 3-ply yarn; ¼ yd. fusible webbing.
Instructions: Turn wool edges up ½ in. (trim selveges if necessary). Press. Zigzag-stitch. Pin fringe over hem with entire top of fringe on fabric, mitering corners and turning raw end under. Stitch fringe to wool.

Enlarge patterns on *page 142*. Cut from felt. Fuse colored motifs onto white motifs. Trim white motifs with pinking shears. For each corner place center motif 6 in. from edges of throw. Fuse in place. Fuse remaining shapes at points of center motif. Working with 1 strand of yarn, appliqué. Press.

88. RABBIT PATCH RUG, page 87
Materials: 72-in.-wide felt in following colors and amounts: 1½ yd. rose, ¾ yd. white, ½ yd. lt. blue; 9×12-in. piece each red and dk. blue; thread; ½ yd. fusible webbing.
Instructions: Enlarge patterns on *page 142*. From lt. blue felt cut eight 8½-in. squares, ninety-six 2-in. sq., four 7-in. sq. From white felt cut seven 8-in. squares, two each 7×41-in. and 7×25-in. borders.

Cut patterns. From dk. blue felt cut eight ¼-in.-dia. rabbit eyes. Stitch eyes to rabbits. Fuse and appliqué rabbit in center of each 8½-in. blue sq. and flowers to each 8-in. white sq. Press.

Fuse and appliqué sheep to 7-in. blue sq. On borders lightly draw 2-in. sq. leaving ½-in. seam allowance. Fuse and appliqué 2-in. blue sq. to borders in checkerboard pattern. Press.

From rose felt cut 40×60-in. rectangle for backing and 2 each 1×60-in., 1×40-in, 2¼×60-in., and 2¼×40-in. strips. On rose backing lightly draw positions for fifteen 8-in. center blocks, 1-in. borders, and 6-in. borders. Pin center blocks in place lapping white blocks over blue. Appliqué in place. Press. Pin borders and corners in place. Pin 1-in. strip in place covering edges of border strips and center block edges. Appliqué in place. Press.

Trim outside edges to ¾ in. from edges. For binding, fold 2¼-in. strips over 1 in. Press. Pin edge binding to rug with 1-in. fold on top. Pin remaining binding to ends, mitering corners. Stitch. Press.

89. EASY SAMPLER, page 87
Materials: ½ yd. felt each: white, blue, green; 9×12-in. felt: rose, peach, tan; 1 skein blue embroidery floss; 1 set each 12- and 16-in. artist's stretcher bars; 3 yd. fusible webbing; pushpins; staples.

Note: Fuse webbing to back of felt pieces before cutting pattern.
Instructions: Enlarge pattern on *page 142*. From white and blue felt cut 18×24-in. rectangles. From green felt cut 12×16-in. rectangle. Draw and cut borders on blue and green felt. Fuse borders to white. Cut remaining designs and fuse in place.

Embroider your choice of lettering using a single strand of floss and back stitch. Press.

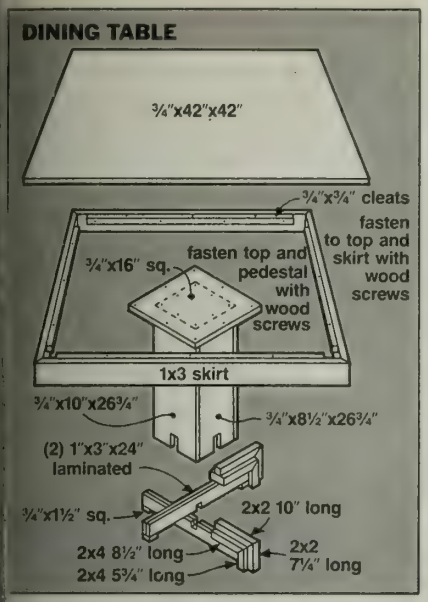
Assemble stretcher bars to make frame. Using pushpins stretch sampler over bars working out from middle. Pull to back and staple in place, mitering corners. Trim back if necessary.

90. DINING TABLE, page 88
Finished size is 42 in. square.
Materials: 6 ft. 2×2 pine; 6 ft. 2×4 pine; 1 sheet ¾-in. particleboard; two 12 ft. 1×3-in. clear pine; 13 ft. 1×1-in. clear pine; paint; nails; glue; screws.
Instructions: From particleboard cut 42-in.-sq. top; two 8½×26¾-in. and two



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10×26¾-in. pedestal pieces. Butt join; glue and nail pedestal pieces together.

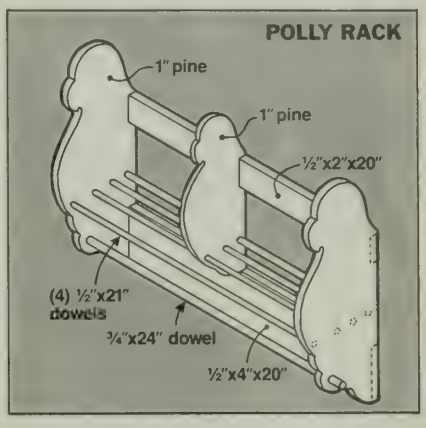
From 1×3s cut four 24-in. legs. Laminate 2 for each leg. When dry, sand. Cut half-lap in center of each. From particleboard cut four 1½-in.-sq. feet. Glue and nail to under side of each leg. Notch pedestal to fit legs.

From plywood cut a 16-in.-sq. piece for top of pedestal. Glue and nail in place, centered.

From 1×3s cut skirting pieces to fit top, mitering corners. From 1×1s cut cleats. Nail to skirting.

From 2×4 cut pieces to fit legs (see drawing *left*). Center over legs. Glue and nail in place. From 2×2 cut pieces to fit legs (see drawing *left*). Glue and nail centered on 2×4s.

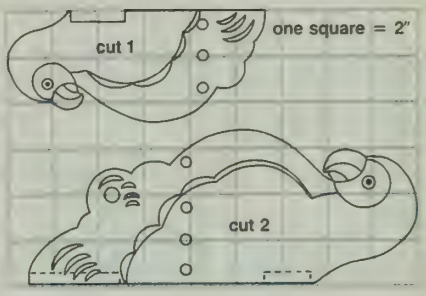
Turn top at 45-degree angle to base. Screw top to pedestal top and skirt cleats from bottom. Set nails; fill holes; sand. Prime and paint.



91. TABLE SCARF, page 88

Materials: Felt material in the following amounts and colors: ⅔ yd. black, ⅓ yd. each maroon, yellow, blue, brown, and purple; fabric glue; cardboard.

Instructions: From cardboard cut out 2½-, 2-, and 1½-in.-dia. circles for templates. Using photo on *page 88* as a guide, cut circles from felt. Glue sets of 3 circles together in a stack. Position circles on black-felt backing. Adjust as necessary before gluing circles in place. When glue is dry, cut out background felt ⅛ in. from edge of outside circles.



continued on page 148



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continued from page 147

EASY SAMPLER
one square = ¾"



93. POLLY RACK, page 88
Materials: 6 ft. 1×8-in. pine; four ½×21-in. wooden dowels; ¾×24-in. wooden dowel; nails; glue; varnish; red, black, white, yellow, and blue paint.
Instructions: Enlarge parrot pattern on *page 147*. Cut 2 large parrots and 1 small parrot. Sand.

On parrots mark position for dowels. Dowels must be equal in all 3 birds. Drill ½-in. holes ⅜-in. deep in end parrots (be careful not to drill completely through). Drill ½-in. holes through small bird. Drill holes in large birds only for ¾-in. dowel.

Cut back braces to length and width. Then resaw them to ½ in. thickness. Sand all parts.

Glue and nail braces in place on 1 parrot. Insert ½-in. dowels into parrot and glue in place. Slide small bird onto dowels. Make sure small parrot slides easily. Glue and nail second end parrot to dowels and braces.

Paint and finish. When dry, screw through top brace to wall.

94. VICTORIAN MIRROR, page 88
Materials: 10 ft. 1×1-in. red oak lumber; two ⅛×30-in. brazing rods; eight 1¾-in.-inside-dia. wooden pole rings; twenty-eight 1-in. wooden balls; four 1½-in. wooden balls; ⅛×14×27-in. mirror; stain; cardboard; glazier points.
Instructions: Cut oak 7 in. longer than mirror measurements for sides and ends. Sand. Cut half-lap joints in all 4 sides 2¾-in. from ends.

Drill ⅛-in. holes for rods in balls, frame sides, and frame ends. In rings drill holes for rods being careful not to drill completely through one side of

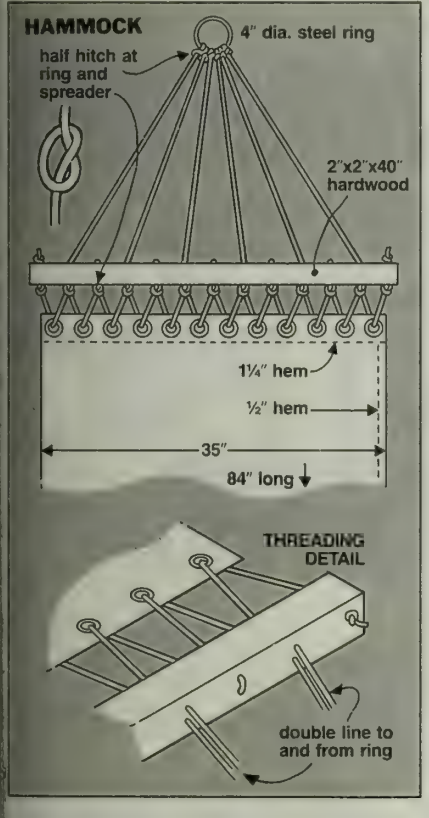
each ring. On four 1-in. balls drill another set of holes, into but not through the ball, to fit inside the end rings.

Glue and nail frame sides and ends together. When dry, cut a ⅜×⅜-in. rabbet in frame back for mirror. Sand. Stain frame and rings.

Cut brazing rods: two 21-in. and 4 each 1¼ and 2½ in.

Push 1¼-in. rods into top of 4 rings and into 1 ball with 4 holes. Lace rings, balls, and frame onto brazing rod as shown in picture on *page 88*. Push 2½-in. rod through frame and into ball in ring. Push a ball onto the end of rod.

Insert mirror in rabbet. Back mirror with a cardboard piece cut to the same size. Secure both in frame with glazier points.



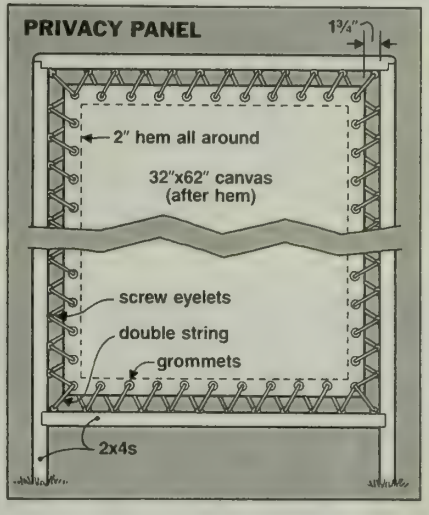
96. HAMMOCK, page 90

Materials: 3½ ft. 2×2; 2½ yds. 36-in.-wide canvas; grommets; 148 ft. cotton clothesline; two 4-in.-dia. steel rings; thread.

Instructions: From 2×2s cut two 40-in. spreaders.

Drill holes through spreaders for lacing. Cut canvas to 86½-in., leaving selvage edges for sides or making ½-in. hems. Hem ends. Insert grommets. Lace line through spreaders and grommets (about 24 ft. per end) using half-hitch knots at spreaders.

For ends, starting at center of one ring and spreader, lace about 50 ft. of clothesline by threading through spreader and back to ring, tying with a half-hitch knot at ring each time (6 for each end). Adjust length of line between spreader and ring as you work out. Repeat for second end.



97. PRIVACY PANEL, page 90

Finished size is 38½×84-in. (allowing about a foot for underground anchorage). Or build to fit your space.

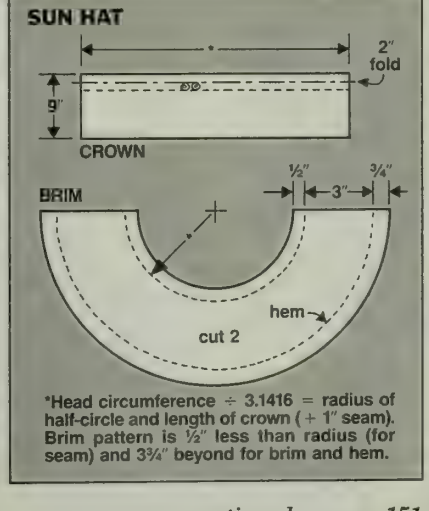
Materials: 20½ ft. 2×4 alder or redwood; 36×66-in. canvas; grommets; metal eyelets; thread; 40 ft. cotton clothesline.

Instructions: From 2×4s cut 38½-in. top, 37-in. bottom, and two 84-in. sides. Cut rabbet joints for top; dado joints for bottom. Glue and nail frame together.

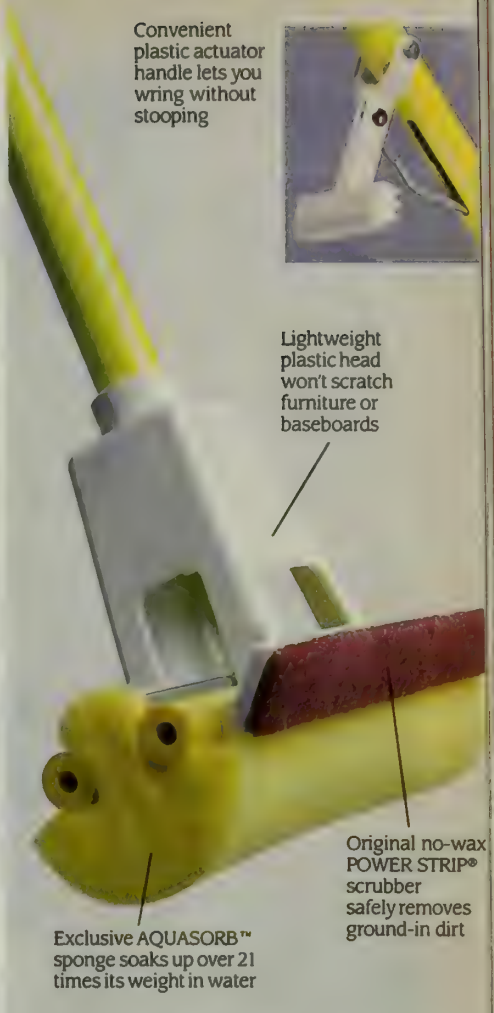
Space eyelets equal distance apart around the inside edges of the frame (see drawing *above*).

Stitch 2-in. hem on all sides of the canvas. Insert the grommets maintaining the same spacing as on the frame. Lace clothesline through grommets and eyelets.

Anchor side posts about a foot into the ground.



continued on page 151



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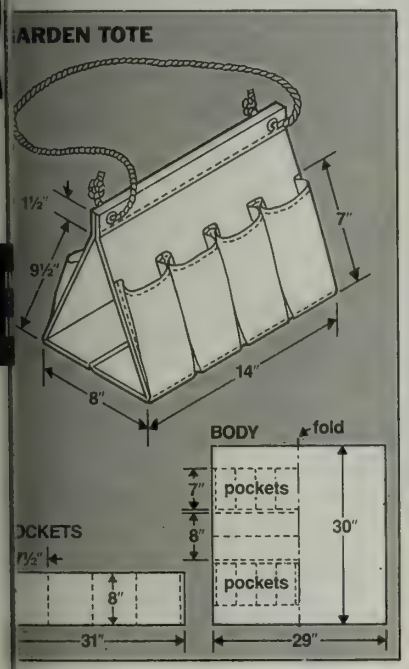


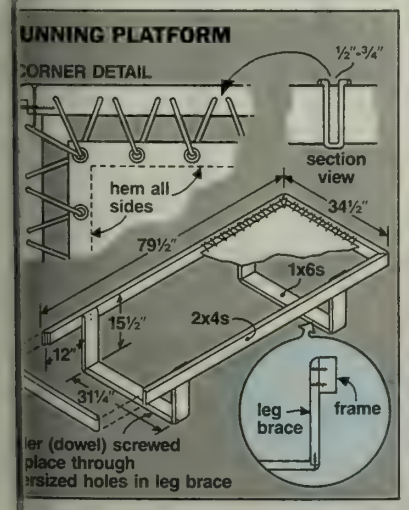
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ntinued from page 149

3. SUN HAT, page 90
aterials: 1 yd. canvas, 2 grommets; 1 cotton clothesline; thread.
structions: Measure head circumference and divide as noted on drawing *ge 149*). From canvas cut crown and rims. For crown fold under ½-in. for m. Insert grommets. Stitch sides together. Fold under 1½ in. for gathering cket. Stitch. String clothesline through grommets and aw tight. Tie a bow to hold e line in place. With right les facing, sew outer curved ges of brims together. Turn hat ht side out. Topstitch close to the ge on the right side of the hat. With ht sides facing, sew ends together; w brim to crown. Press seams open. rn right side out.





99. GARDEN TOTE, page 90
Materials: 1⅓ yd. canvas; grommets; 1 ft. cotton clothesline; thread; high-impact styrene for stiffener.
Note: Use ½-in. seams throughout.
Instructions: From canvas cut one 29×30-in. piece and two 8×31-in. pockets. Hem pockets tops. Turn under seam allowances for bottom and side seams. Topstitch pockets on 1 side.

Fold canvas in half vertically. Stitch side seam. Turn. Stitch center bottom seam. Cut stiffener pieces to fit bottoms and sides. Insert stiffener from top edges. Sew top edges together. Bind with canvas. Insert grommets. Tie clothesline handle in place.

100. SUNNING PLATFORM, page 90
Materials: 20 ft. 2×4s; 5½ ft. 1×6 lumber; 2¼ yd. 36-in.-wide canvas; 60 grommets; 90 ft. cotton clothesline; thread; wood screws.
Instructions: From 2×4s cut frame. From 1×6 cut leg pieces. Cut rabbet joints. Glue and screw together. Drill holes for lacing. From canvas cut 35×80-in. piece. Stitch 2-in. hems. Insert grommets. Lace clothesline.



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Page 20: Plate "Dots"—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010. **Flatware**—Supreme Cutlery Corp., Div. of Sigma Marketing Systems, 225 Fifth Ave., New York, NY 10010.

SUMMER COOKING

Page 22: Plate "Napoli"—Rosenthal USA Ltd., 6626 Metropolitan Ave., Middle Village, NY 11379. **Page 23 (*top right*): Plate** "Louisenburg Blau"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. **(*Bottom right*): Plate** "Thomas"—Rosenthal/Thomas by Lauffer, Belmont Dr., Somerset, NY 08873. **Page 24 (*top left*): Plate** "Tropicana"—Denby Ltd., Inc., 41 Madison Ave., New York, NY 10010. **(*Bottom left*): Plate** "Blancha"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471. **Page 25 (*top right*): Plate** "Bar Harbor"—Corning, Consumer Products Div., HP-EB-1, Corning Glass Works, Corning, NY 14830. **(*Bottom right*): Platter** "Champagne" — Hutschenreuther Corp. (address above).

FRESH FRUIT DESSERTS

Page 32 (*top*): Plate "Fiori White"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. **(*Bottom left*): Glasses** "The Tall Ones"—Libbey Glass Co., Div. of Owens-Illinois Glass Co., Owens-Illinois Bldg., P.O. Box 919, Toledo, OH 43693. **(*Bottom*): Pan**—Conran's, 145 Huguenot St., New Rochelle, NY 10801. **Page 33 (*bottom left*): Dessert cups** "Floreal"—S.E. Rykoff & Co., P.O. Box 21467, Market Street Station, Los Angeles, CA 90021. **Plates** "Apila"—Arabia of Finland, 5603 Howard St., Niles, IL 60648. **(*Bottom*): Bowl**—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611.

PRIZE TESTED RECIPES

Page 49 (*left*): Wok—Joyce Chen Gourmet Products Inc., Waltham, MA 02154. **Spatula**—Kitchen Tools, 513 Elm, West Des Moines, IA 50265. **(*Right*): Plate** "Napoli"—Rosenthal USA Ltd., 6626 Metropolitan Ave., Middle Village, NY 11379. **Glass** "Terrace"—Anchor Hocking Glass Corp., Fifth & Pierce Sts., Lancaster, OH 43130. **Flatware**—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421. **Place mat**—Astra Designs, P.O. Box 826, 1 Willard Rd., Norwalk, CT 06856. **Page 50 (*left*): Plates** "Calypso"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471. **Forks**—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. **(*Right*): Plate** "Monaco"—Sadahl America, Inc., 600 Cleveland St., Suite 990, Clearwater, FL 33515. **Flatware**—Crown Corning, Australian Crown Crystal, Inc., 3015 Tanager Ave., Los Angeles, CA 90040.

100 IDEAS UNDER $100

Page 63 (*No. 1*): Bar towel/napkin, "EAT"—Ruby Two Tones, 3782 Bel Marin Keys, Novato, CA 94947. **Page 64 (*No. 4*): Doll,** "Cabbage Patch"—Coleco Ind., Inc., 999 Quaker Ln., S, West Hartford, CT 06110. **(*No. 7*): Safe,** "Sentry," model 1100—John D. Brush & Co., Inc., 900 Linden Ave., Rochester, NY 14625; toll-free 1-800/828-1438 (within New York State: 1-800/462-6463). **(*No. 8*): Victorian glass frosting,** "Accent"—Illinois Bronze Paint Co., Lake Zurich, IL 60047. **Page 66 (*No. 11*): Continuous oak pull**—The Woodworkers' Store, 21801 Industrial Blvd., Rogers, MN 55374. **Painting by Albert Beard**—Stan Parks Antiques, U.S. Hwy. 65, N, Hampton, IA 50441. **(*No. 12*): Blind-pivot hinges**—Abra, Inc., P.O. Box 1086, Bloomington, IN 47402. **Page 67 (*No. 15*): Antique Wedgwood platter**—Stan Parks Antiques (address above). **(*No. 17*): Drawer lining pad**—Eureka Mfg. Co., Inc., Norton, MA 02766. **Berry spoon, flatware,** Whiting "Lily"—Stan Parks Antiques (address above). **Page 68 (*No. 19*): George Washington bust**—Stan Parks Antiques (address above). **(*No. 22*): Stencils**—Plaid Enterprises Inc., P.O. Box 7600, Norcross, GA 30091-7600. **(*No. 23*): Hardware**—The Woodworkers' Store (address above). **Page 69 (*No. 26*): Stirrups,** 4-inch—Millers, 235 Murray Hill Pkwy., East Rutherford, NJ 07073-2114. **Page 70 (*No. 28*): Pitcher**—The Hall China Co., East Liverpool, OH 43920. **Napkins; knives, forks, spoons,** "Festiveware"—Hallmark Cards, Inc., Kansas City, MO 64142. **Tumblers,** "Trans Red TRD," 15-oz.—Ingrid, Ltd., 1419 Lake Cook Rd., Deerfield, IL 60015. **Plates**—Heller Designs, Inc., 41 Madison Ave., New York, NY 10010. **Page 72 (*No. 38*): Whale harp**—Magical Strings, P.O. Box 4086, Seattle, WA 98104. **Zither pins, tuning wrenches**—Elderly Instruments, 1100 N. Washington, P.O. Box 14210, Lansing, MI 48901. **Page 73 (*No. 40*): Bed linens**—Marimekko by Dan River, 111 W. 40th St., 7th Fl., New York, NY 10018. **Page 74 (*No. 41*): Pen,** "Slick"—Tulip Productions, Polymerics, Inc., Waltham, MA 02254. **(*No. 44*): Yarn,** "Roly Poly"—William Unger & Co., Inc., 230 Fifth Ave., Rm. 1903, New York, NY 10001. **Page 76 (*No. 50*): Antique shaving mugs**—Stan Parks Antiques (address above). **Page 78 (*No. 55*): Heart-shaped game board**—Viking Woodcrafts, 1317 Eighth St., SE, Waseca, MN 56093. **Checkerboard designs,** "Folk Art" by Simply Creative from Liquitex. Similar designs in Simply Creative's Folk Art project instruction book at most crafts shops. Free crafts projects or additional information—Simply Creative, c/o Binney & Smith, Inc., Dept. BH, 1100 Church Ln., P.O. Box 598, Easton, PA 18044-0598. **Page 79 (*No. 58*): Doll,** "Cabbage Patch"—Coleco Ind., Inc. (address above). **(*No. 59*): Precut wheels, pegs, people, milk cans, smokestacks**—Cherry Tree Toys, P.O. Box 369, Belmont, OH 43718. **Page 80 (*No. 60*): Baskets**—Frem Corp., 60 Webster Pl., Worcester, MA 01603-0004. **Hangers,** "Bright n' Lights"—American Hanger, Inc., P.O. Box 1186, Leominster, MA 01453. **Blocks,** "Lego"—Lego Systems, Inc., 555 Taylor Rd., Enfield, CT 06082. **Page 82 (*No. 67*): Microwave cookware**—Rubbermaid, Inc., 1147 Akron Rd., Wooster, OH 44691; Tupperware Home Parties, 3175 N. Orange Blossom Trail, Kissimmee, FL 32741. **Page 84 (*No. 72*): Clock parts**—Craft Products, 2200 Dean St., St. Charles, IL 60174-1098. **Page 86 (*No. 80*): Dog,** "Wrinkles" Puppet Pet"—Coleco Industries, Inc. (address above). **Bear,** "Musical O'Beautiful Bear"—Special Effects, 925 Amboy Ave., Perth Amboy, NJ 08861. **(*No. 83*): Dolls,** "Barbie & Ken"—Mattel Toys, Mattel Inc., 5150 Rosecrans Ave., Hawthorne, CA 90250-6692. **Page 87 (*Nos. 84–89*): Felt**—Commonwealth Felt Co., 211 Congress St., Boston, MA 02110. **Page 88 (*No. 92*): Wooden eggs**—Buffalo Peddler, P.O. Box 110, West Seneca, NY 14224. **Stencils**—Plaid Enterprises Inc. (address above).

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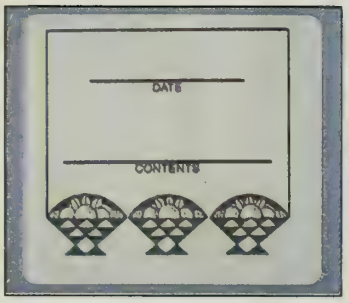
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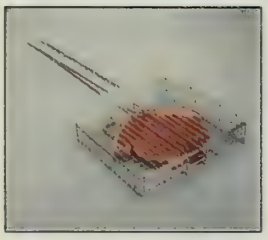
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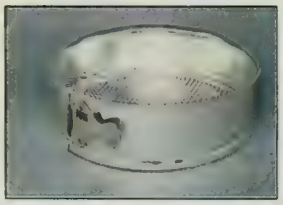
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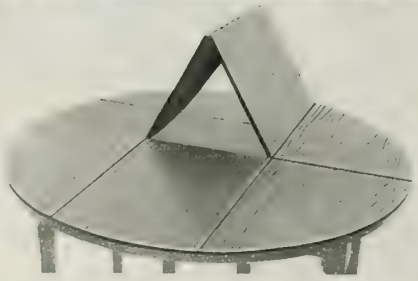
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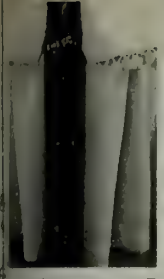


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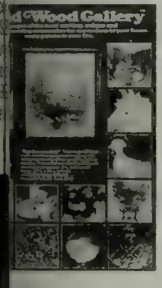
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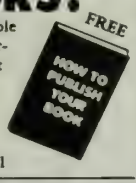
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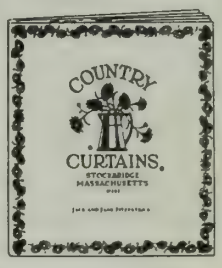
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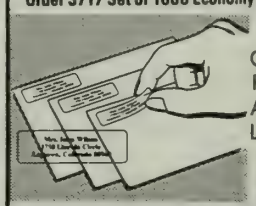
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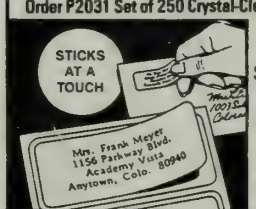
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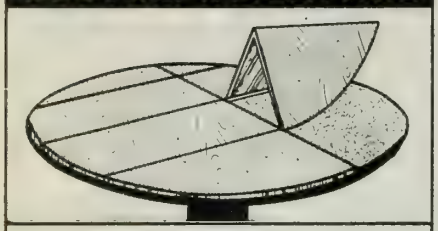
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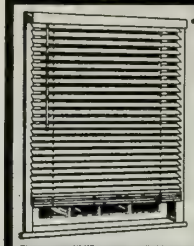
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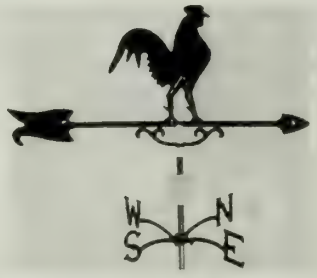
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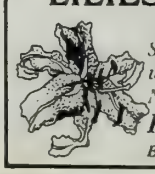
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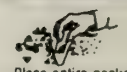


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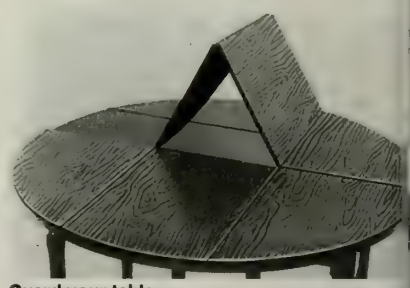


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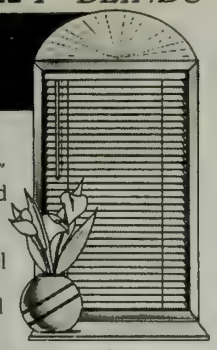
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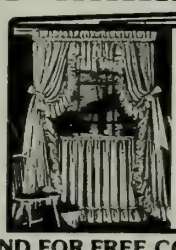


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THE MAN NEXT DOOR

Grandma Hillis coined a succinct description of this year's swimsuits: "Barely adequate."

Last Saturday morning, I concluded that there is nothing harder to find than a bottle of pancake syrup reshelved six inches away from its accustomed spot.

Here's the official Hillis garden scoreboard so far: Hillises—6 heads of lettuce. Weeds—1 forlorn patch of onions that no one adopted.

Ken Floyd claims he is of two minds every time he fertilizes his lawn: He hopes the grass will get green, but then defy him and not grow.

A July wish: I wish I had asked for that hammock last Christmas.

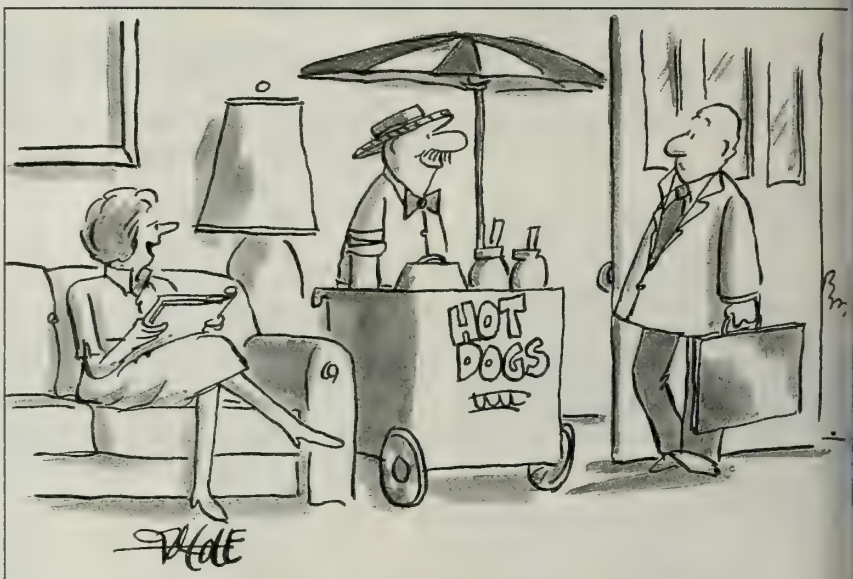
You know you've found an isolated and unspoiled vacation spot when yuppies are nothing more than the locals who say "Yup."

Our Judy, 11, had high praise for the band concert she went to recently: "It was so neat. If you closed your eyes, you'd swear you were listening to a compact disc."

"I've never doubted the biblical story of manna from heaven," says the Rev. Hall, "but I *am* asking everyone to bring something to the church picnic."



"Mr. Fundergood wrote a bumper-sticker that sold over 500,000 copies."



"I got tired of cooking."

Chris has been searching diligently for low-fat, low-salt, and low-sugar versions of the foods we like. "Why is it," she wondered recently, "that the less they add to a food, the more they charge for it?"

Dick Dresch, asked about his idea of the perfect vacation trip, replied, "One where I don't have to read a road map."

Bill Norman claims his neighbor is a man for all seasons. "In the past year," said Bill, "he's borrowed my leaf rake, snow shovel, and garden spade. Now he wants my lawn mower."

Our banker, Helen Newsome, told me she puts most of her money into the market. "Stock?" I asked. "Super," she replied.

My office mate, Bill Minchin, has noticed that power is no longer determined by the size of your desk or office. "Today's up-and-comer is after a bigger computer," he says.

Lee Bayless enjoys sneaking off to his fishing hole when the days are long, hot, and lazy. He claims cheerfully that he always gets bites: "Some from mosquitoes, a few from fish."

We've had an annual Fourth of Ju block party ever since Cindy and Ti Arvid moved on the street and bega organizing them five years ago. The parties have become THE neighborhoo social event of the summer.

Typically, there's a bicycle-decoratin contest and a cookie-decorating conte for the youngsters; a balloon or egg to for all ages; a concert of marches atr ciously played by the neighborhood pic up band; a tug of war pitting the ea side of the street against the west sid and more food than a half dozen neig borhoods could eat.

Just about everyone on the street a tends. The mix of ages is marvelous, a the way from stumbling toddlers folks in their 80s. The youngsters cha around the Arvids' front yard or pl games, and the adults sit in foldi chairs in the shade of the Arvids' hu old maple and talk.

Come to think of it, our annual blo party actually has the flavor of an ol time family reunion. For a lot of o neighbors, especially the newcomers, t neighborhood almost is their fami Our annual party reminds me aga how nice a family it is.

Burton Hills

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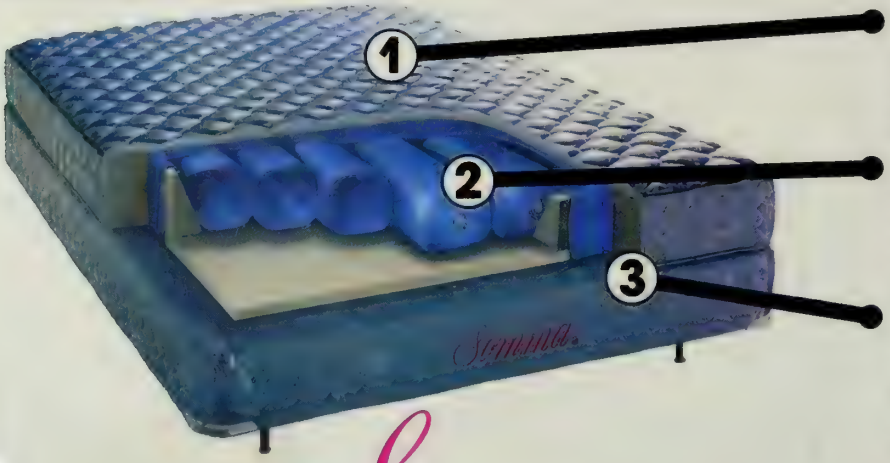
We all sleep in a Somma. My husband and I sleep on a queen size Elegance by Somma. Our older son has a full size Somma Supreme. Little Ricky has a twin Somma II. And our daughter has a Signature Series, with the storage drawers built into the base.

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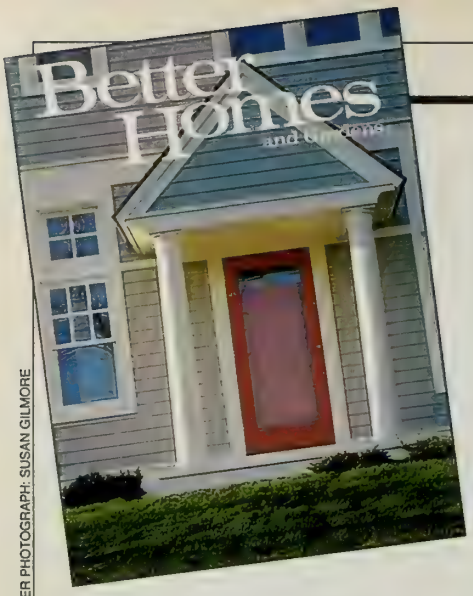
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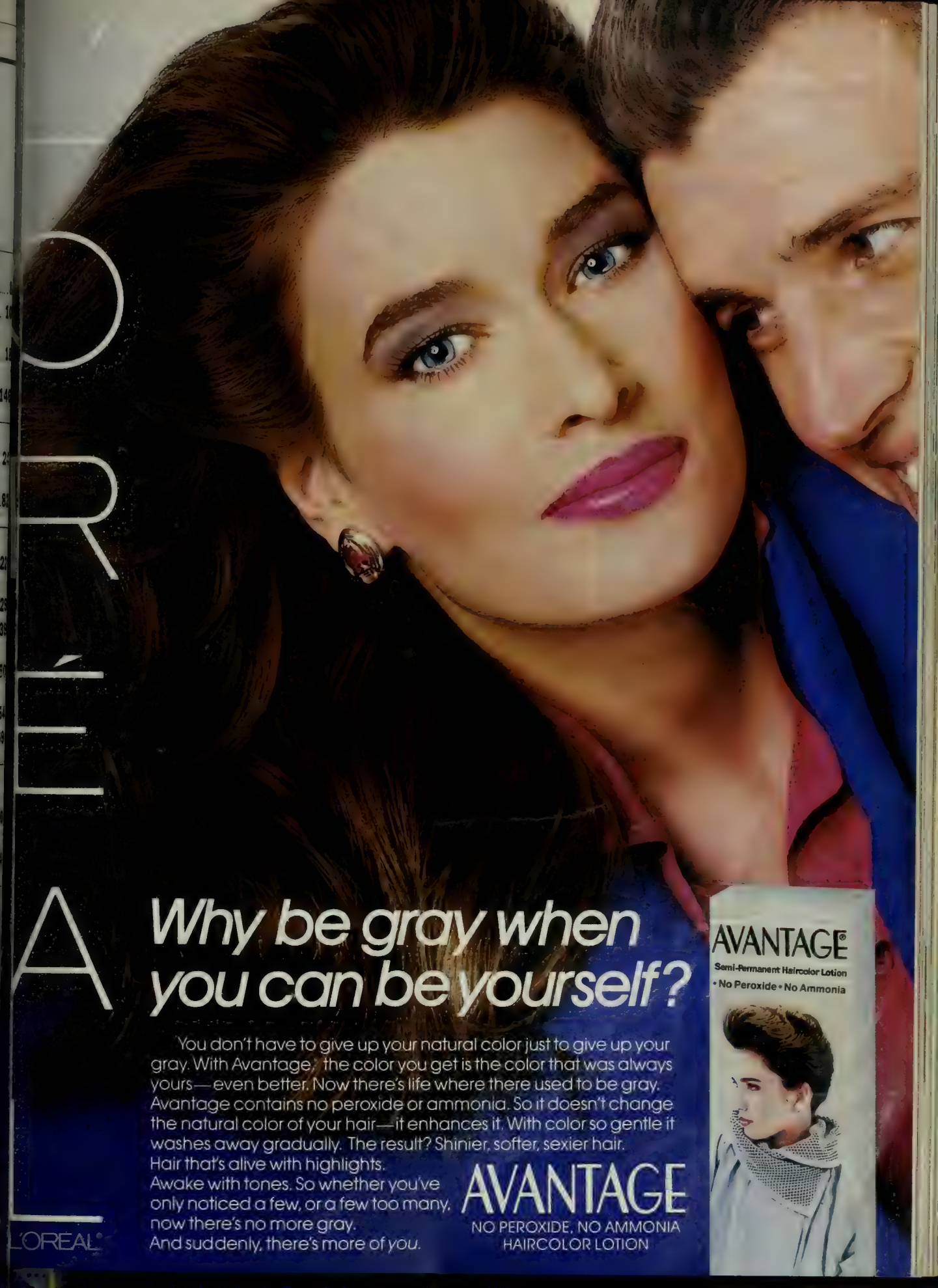
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Ways to meet your daily calcium requirement (800 mg.): 2 oz. Swiss cheese (544 mg.), 2 oz. bleu cheese (340 mg.), 1 cup cottage cheese (154 mg.), 1 cup plain lowfat yogurt (415 mg.), 1 cup whole milk (291 mg.).

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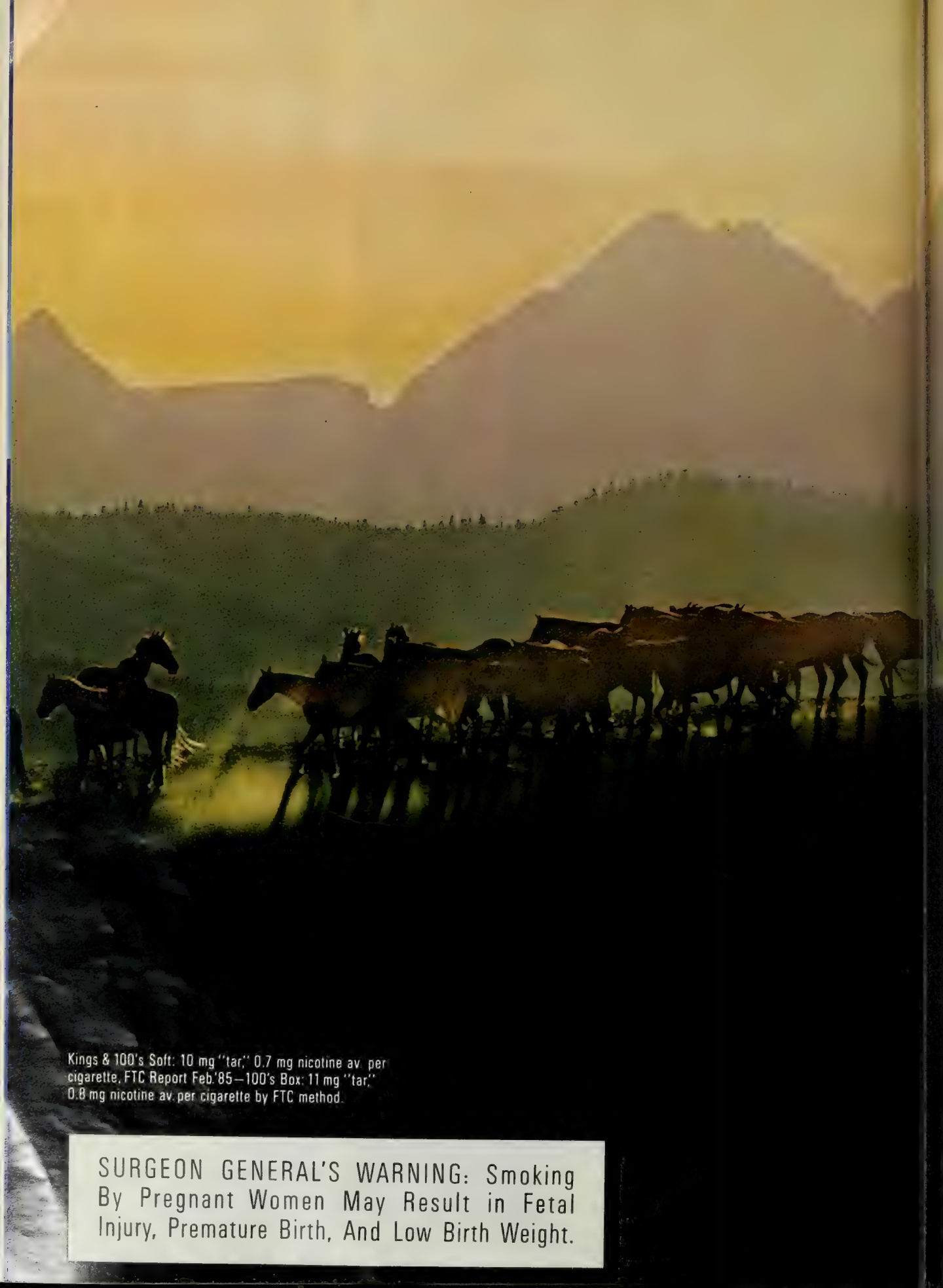
You can start a meal with cheese and French bread or end it with cheese, apples, pears and figs. Stay on a diet and have your carrot and celery sticks with a cottagecheese, yogurt, green onion and dill weed dip. And dairy foods are always enjoyable by themselves.

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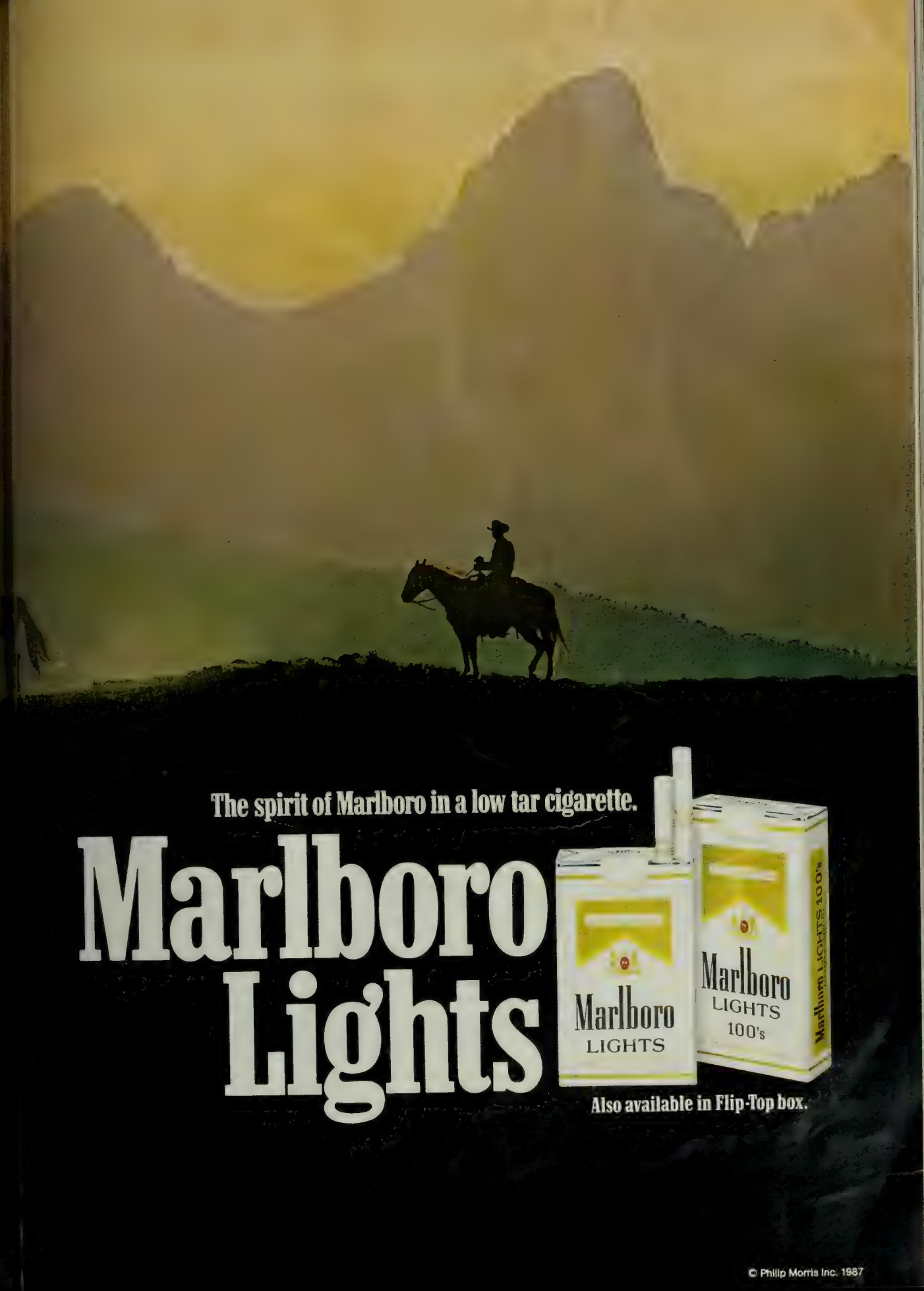
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EDITOR'S LETTER

IT'S REUNION TIME!

Dear Readers:

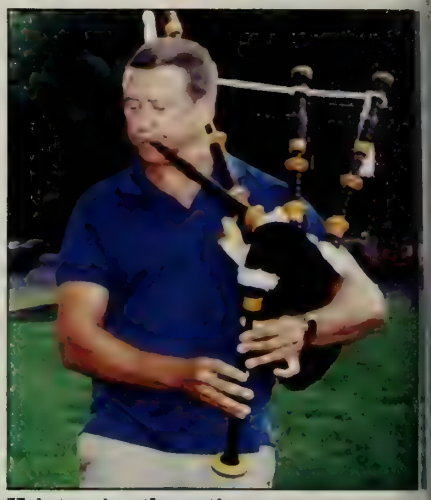
The shirt-sleeve bagpipe player pictured at right is Eric More Marshal, a history teacher from North East, Pennsylvannia. You may have seen him on television this summer in another role. Both this year and last, *Better Homes and Gardens* has sent him on a nationwide tour to speak on a subject dear to his heart—family reunions. The tour is part of our program to establish the first full weekend in August as National Family Reunion Weekend. The dates this year are August 7 through 9.

Eric, now winding up this summer's tour, has visited or will visit Boston, Cincinnati, Cleveland, Dallas/Fort Worth, Kansas City, Louisville, Los Angeles, and Denver.

"It's not only fun, but an essential part of family life for relatives to get together on a regular basis to renew their bonds."

Eric probably knows as much about family reunions as anyone in the country, because he is chairman, president, newsletter writer, and reunion organizer of the John More Association. As such, he keeps track of close to 10,000 descendants of John and Betty More, Scottish settlers in upstate New York. The association has held a reunion every five years since 1890 near the ruins of the original family home in Roxbury, New York. In 1985, for instance, 200 folks showed up for the four-day reunion festivities. Now that's what I call a reunion!

It's Eric's dedication to keeping the More family in touch that's responsible for this kind of success. I also have to admire the family spirit that has kept this reunion tradition alive and building over all the years.



He's touring the nation . . .

I'm glad we have Eric on our side to encourage family reunions, and I think the More family is a wonderful example for us all. We're doing our bit in this issue by giving you a "Reunion Almanac," full of last-minute ideas to make your family reunion more memorable and more fun.

We've also published a guidebook on planning and conducting family reunions, "Gathering the Generations," which is yours free for the asking. See *page 18* for the ordering information.

Like Eric More Marshall, we believe in the bonds of family relationship. It's not only fun, but an essential part of family life for relatives to get together on a regular basis to renew their bonds.

All of us here at *Better Homes and Gardens* sincerely want to have Family Reunion Weekend established as a national holiday equal to Mother's Day, Father's Day, and, yes, even the Fourth of July. We hope you agree that this is a worthwhile goal, and, more important, we hope we can encourage you to have a reunion in your family.

David Jordan

David Jordan, Editor



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FAMILY NETWORK

Readers' comments and solutions to family and community problems

Join our holiday celebration!

Do you make the holidays special with a family project or tradition that brings everyone closer together? For our December issue, *Better Homes and Gardens®* welcomes suggestions of family holiday celebrations. Send them to Family Network, Holiday Ideas, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $50 for each letter published.

More allowance

My 12-year-old son wanted an increase in his allowance, but I couldn't afford it at the time. I use very few grocery coupons, so I told him he could have the money the store gives back on coupons if he collected them and went to the store with me. Now, as I do the shopping, he checks to see if he has a coupon for each item. The benefits are threefold: 1. He has a $4 – $7 increase in his allowance. 2. He has learned that creativity and a little work pay off. 3. We now spend more time together.

Thomas A. Thompson, Jr.
New Castle, Penn.

Help for new homeowners

When we moved into our present home, the former owners were kind enough to give us a list of the tradespeople they had used, including plumber, electrician, and lawn care service. It was a big help to have reliable service from someone familiar with our home.

Darlene Benson
Raleigh, N.C.

Fighting fire with fireworks

To combat the use of fireworks in our community, our local fire department and its auxiliary came up with this idea. Community members purchased any legal fireworks they wanted to see and gave them to the fire fighters to set off at our local county park. It was a delightful success, with children and elders alike enjoying the wide selection.

Debbie Bloom
Guinda, Calif.

It's nice to be needed

When my grandmother entered a nursing home, I told her I could never get enough crossword puzzles. I asked her to send me any she could cut from newspapers in her state. In addition, an aide gives her puzzles to send me, thus creating a special relationship between Grandma and one staff member.

Giving an older person the chance to feel needed can enhance the quality of life and provide enriched interactions for everyone involved.

Donna Shea
Denver, Colo.

Community clean-up

The people in our community work hard at keeping our highways clean. Two times a year, hundreds of volunteers go out with garbage bags and pick up litter. After a few hours, everyone gets together for a free lunch and lots of prize drawings. It's fun to meet so many people joined in a good cause.

Bonnie Malmo
Rogers, Ark.

Busybodies

My 5-year-old son and 7-year-old daughter seem to be arguing constantly and minding each other's business. I've talked with them countless times, but to no avail. Any suggestions to help stop the bickering?

Joyce Restaino
Newfoundland, N.J.

WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published.

THIRSTY KIDS NEED THIRST AID.

Gatorade®
THIRST QUENCHER



Running, climbing, jumping. Kids can put in a lot of miles in a given day. And like athletes they get thirsty, because they're sweating away fluids.

Unlike soda or juice drinks, Gatorade® Thirst Quencher is uniquely formulated to help replace the fluids and energy kids lose during exercise. And it's low in sugar and comes in flavors kids love. So when they work up a big thirst, give them Thirst Aid. Gatorade.

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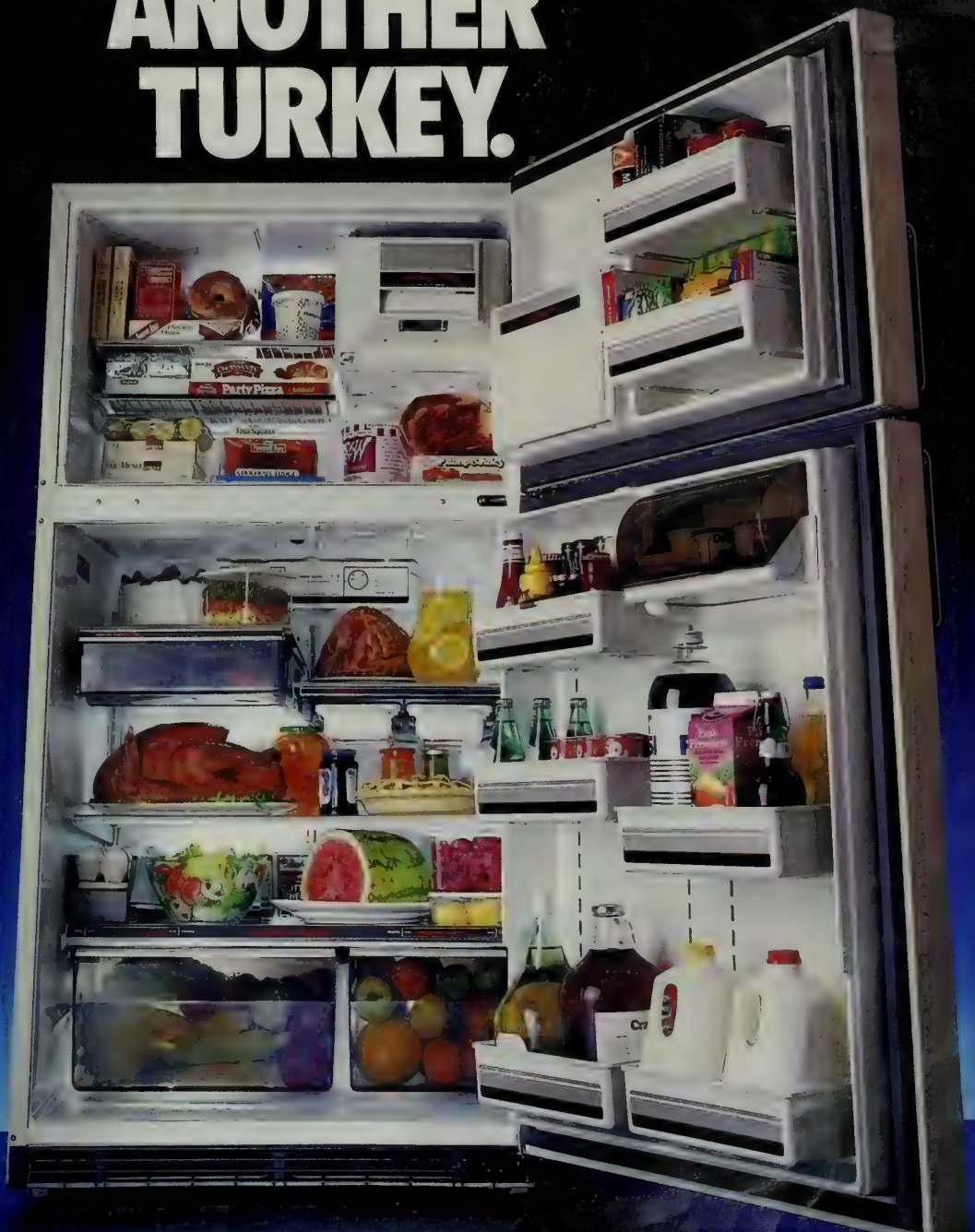
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NEVER STUFF ANOTHER TURKEY.



ram a ham. Or squeeze a melon.
ecause we've just found 2 more
ic feet of space in this new top-
nt refrigerator. In fact at 24.7 cubic
, you'll find it's the largest, most
anized refrigerator in its class.
now the shelves on the door are
a deep, able to swallow gallon
tainers of milk in a single gulp.
here's even more space for our
ck Serve™ Trays, under-shelf storage
tainers that can double as instant
ving dishes.

And we're the only ones to offer both crushed ice and ice cubes in our through-the-door dispenser.

Of course, all our refrigerators come with our new 90-day Satisfaction Guaranteed program.* And The GE Answer Center® service is ready to answer all your questions at 800-626-2000.

One last nice thing.

Although our new refrigerator is much bigger on the inside, it's not wider on the outside.

So not only will your turkey find a home.

Its home won't gobble up more space, either.

We bring good things to life.



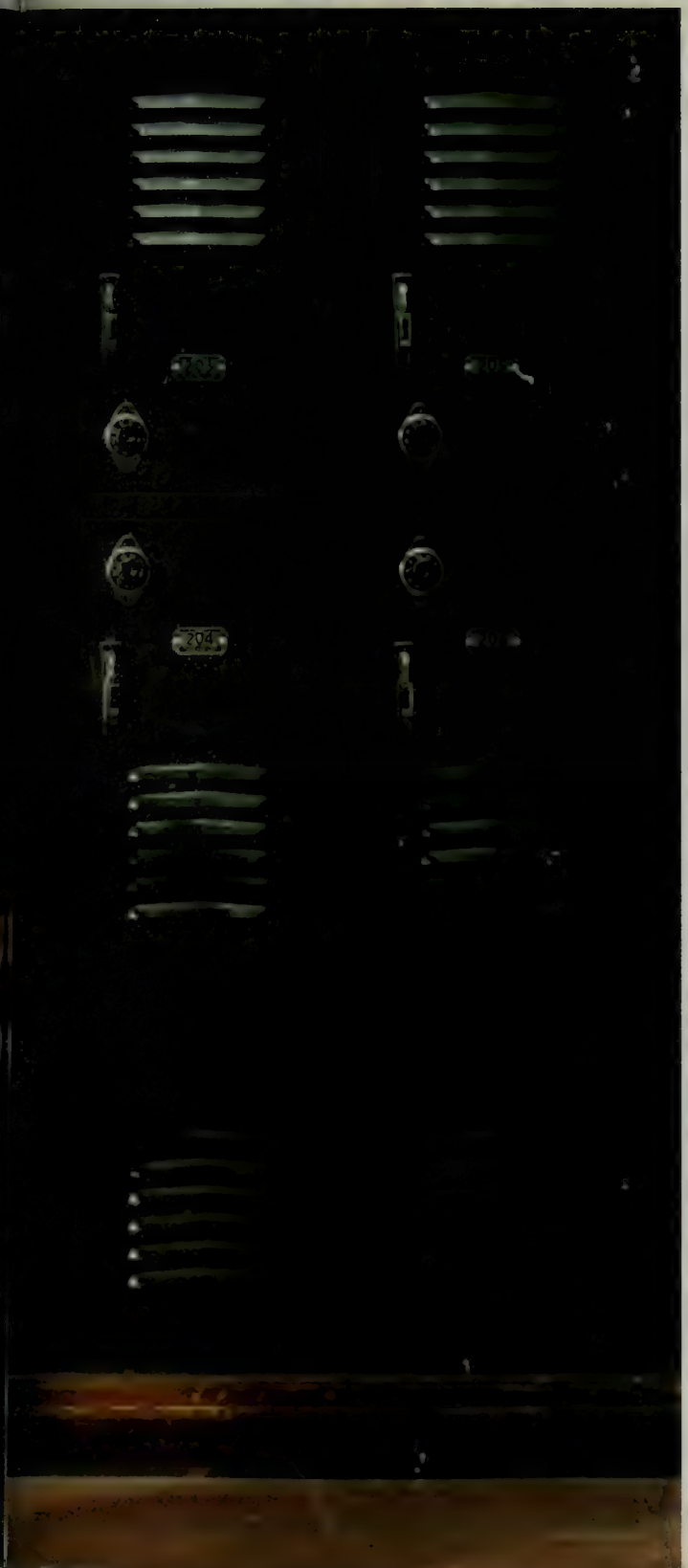
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*Offer available only in the Continental U.S., excluding Alaska

THEY SAID THEY WA
THE RUGGED DURABI



ED LEVI'S® JEANS FOR
TY AND GREAT VALUE.
OH, SURE.



Come on.

When boys start giving out perfectly sound, sensible reasons for wearing anything, something's up.

And something is: Levi's jeans have become the most popular brand with boys today.

In boy's speak, they're bad! Rad! Cool!

Loosely translated, they love wearing them.

So if you start hearing sound logic from someone whose deepest thoughts normally revolve around frog slime and baseball scores, don't be surprised.

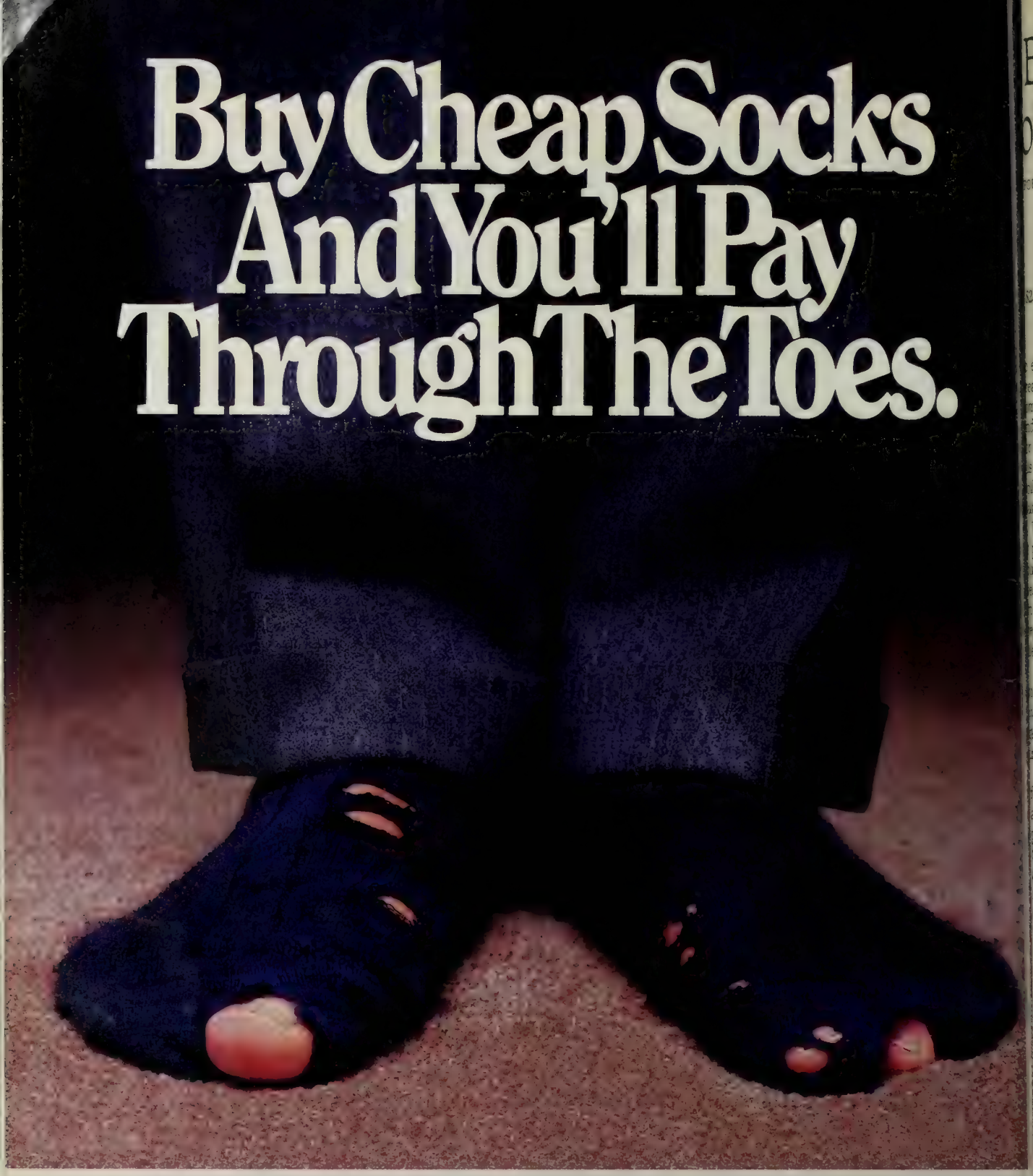
Boys today will do almost anything to get a pair of Levi's jeans.

They'll even try thinking like a very clever adult.

LEVI'S

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Buy Cheap Socks And You'll Pay Through The Toes.



Or buy Hanes® socks. They're made to last long after other socks are on their last legs.

With the finest yarns and fibers for quality, comfort, and maximum durability. And that goes for every pair of socks we make. From infants, kids and teens to men and women.



So the next time you buy socks, buy Hanes. After all, the longer your socks last, the longer it'll be before you're footing the bill for a new pair.

Hanes® Socks are made with DUPONT Hi-Bulk Orlon® acrylic and Lycra® spandex. Hanes® is a registered trademark of Hanes Knitwear, Inc. Made in USA.

Butterflies of the World

PORCELAIN SCULPTURE COLLECTION

Fine porcelain with delicate hand-painting. $29.50 per sculpture. Available on a convenient monthly basis.

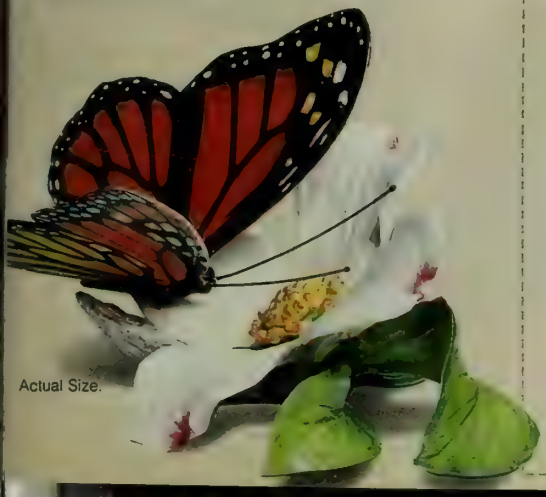
So exceptional an artist is Brian Hargreaves of Great Britain that he was commissioned to portray the gardens and butterflies of Buckingham Palace for Queen Elizabeth II. Now he brings his talent to the design of an exclusive collection of porcelain sculptures: *The Butterflies of the World.*

This intriguing new collection makes it possible for you to have a garden of butterflies and flowers in your home all year long! Fifteen delightful butterflies in their own natural floral settings—representing all fifteen butterfly families in nature's kingdom.

You'll be able to display this collection attractively in your home. For you will receive a beautifully designed *étagère* of brass and glass to hold all of the imported sculptures.

Brian Hargreaves' designs are so finely detailed that *each* delicate wing of a butterfly and *each* petal of a flower is precisely as you see it in nature. From the Monarch Butterfly with its bright orange coloring ... to the boldly-striped Zebra Longwing ... to the spectacular Malachite with emerald-shaped wings. The variety of colors is astonishing too—every shade and tone nature has given these charming creatures of flight.

To acquire the collection, please mail the accompanying Subscription Application by September 30, 1987.



Actual Size.



Brass and glass étagère provided at no additional charge.

© 1987 FM

SUBSCRIPTION APPLICATION

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please mail by September 30, 1987.
Limit of one collection per person.

Please enter my subscription for The Butterflies of the World Porcelain Sculpture Collection by Brian Hargreaves, consisting of fifteen miniature sculptures to be crafted in fine porcelain with delicate hand-painting. The sculptures will be sent to me at the rate of one per month.

I need send no money now. Please bill me $29.50* for each porcelain sculpture in advance of shipment. I will also receive a brass and glass étagère at no additional charge.

**Plus my state sales tax and $1.95 for shipping and handling.*

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ALL ORDERS ARE SUBJECT TO ACCEPTANCE.

Mr./Mrs./Miss _____
PLEASE PRINT CLEARLY

Address _____

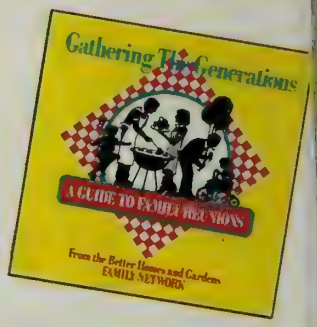
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REUNION ALMANAC

Make your next family get-together a truly memorable occasion. Here's a sampling of expert advice from our readers.

12 TERRIFIC IDEAS TO MAKE YOUR NEXT FAMILY REUNION BETTER THAN EVER!

By Mark Ingebretsen



Write for our free idea-packed booklet: **Gathering the Generations: A guide to family reunions.** BH&G Family Network, Box 10237, Dept. M, Des Moines, IA 50336.

1 SHARE THOSE RECIPES

Tell everyone to mail you their favorite recipe written on a 3×5 card (along with a small donation), visit a photocopying center, and *presto,* an instant family cookbook, ready for arriving guests. *Hint:* Include blank pages for folks who want to swap recipes.

2 CREATE A FAMILY HISTORY

Here's an easy variation on number one (above). Instead of putting recipes on 3×5 cards, guests write a paragraph describing the oldest relative they can remember. You'll have a family history in moments!

3 PLANT A TREE

Hold a brief ceremony, as you break ground. Year by year, the tree will provide a living reminder of the day you spent together.

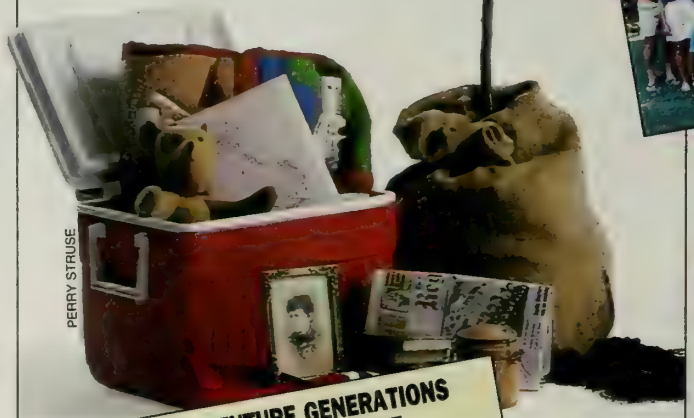
4 ORGANIZE A SERVICE PROJECT

Imagine what the whole bunch of you can do working together for an hour or so. Paint the church, or clean up the trash at a local park.



Family trees grow by branching out in new directions.

Old folks and young folks can explore their family's history.



PERRY STRUSE

TELL FUTURE GENERATIONS ABOUT YOURSELF

5 TELL FUTURE GENERATIONS ABOUT YOURSELF

Time capsules are those sleek cylinders that dignitaries bury during worlds fairs. Your family time capsule can be a simple plastic picnic cooler. Fill it with items brought by each family member. Bury the cooler in a safe spot—a local historical society might know a place. Retrieve the capsule when your family reunes in 2037.



WILLIAM H. FRASER

The Frasers of Bath, Ohio, let their teens plan the reunion.

6 HOLD A TALENT FEST

Some family members may be too shy to perform in front of the whole group. Not to worry: The hams in your family will provide a show everyone will enjoy.

continued

Try our regional classics from Hillshire Farm.

Wisconsin's best. Put more pizazz in your picnic. More fun in your bun. With Hillshire Farm Smoked Sausage Fill & Grill Sizzlers. You'll capture all the taste that's long been an outdoor favorite. And a Hillshire Farm classic.

Watch for the Regional Classics Sweepstakes. Details in your grocer's meat case or August 30 Sunday Newspaper.



Hillshire Farm

Fill & Grill Sizzlers

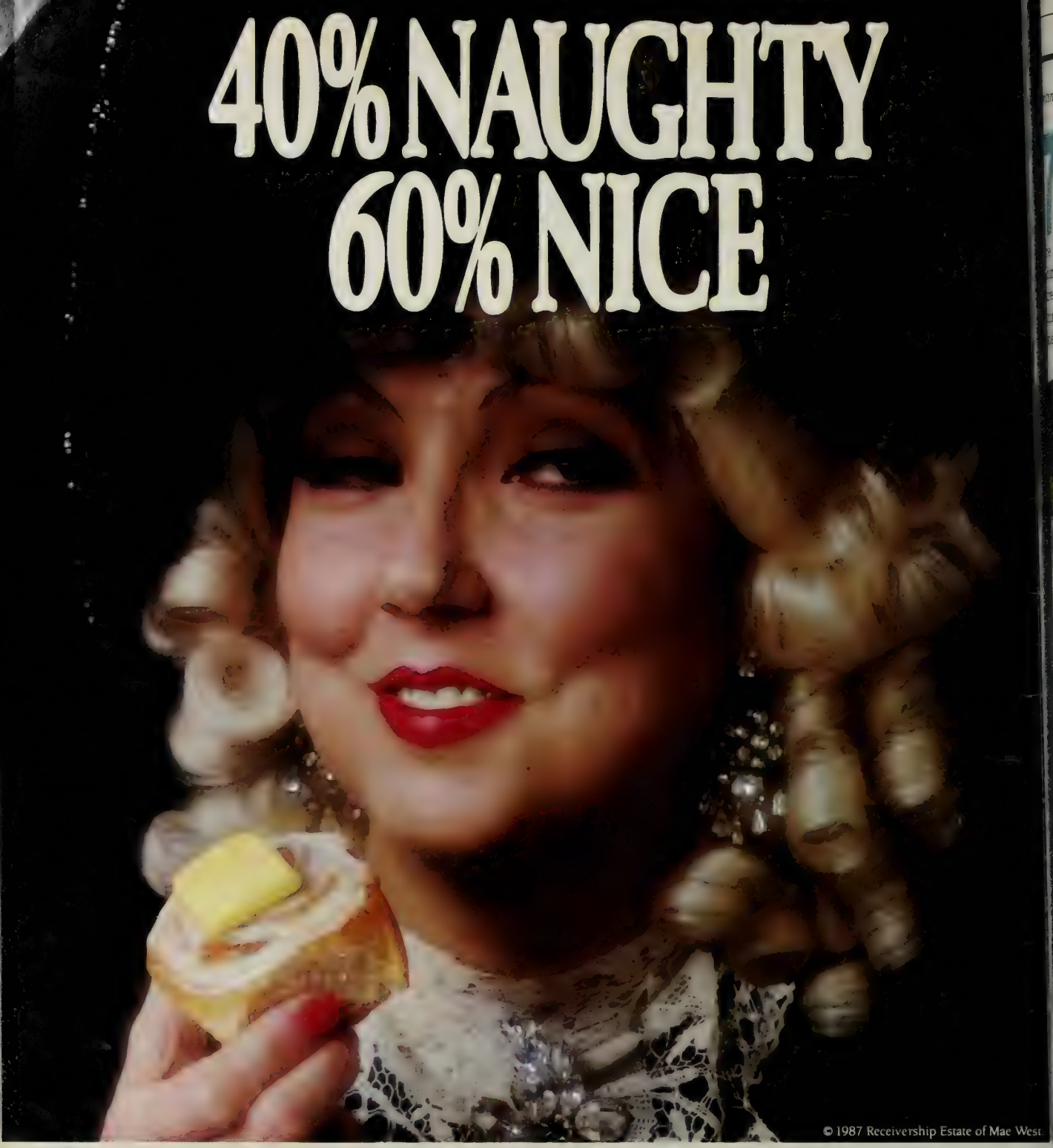
Hillshire Farm Smoked Sausage,
Polska Kielbasa or Polska Links
grated Muenster cheese
sauerkraut
bacon slices (optional)

Cut sausage into 6-inch pieces. Split lengthwise, 3/4 through. Fill each sausage piece with mixture of 2 Tbs. grated Muenster cheese and 1 Tbs. of sauerkraut. Wrap with bacon, if desired. Secure with a toothpick. Grill or broil (4 inches from heat) until done. Garnish with Muenster cheese.

Good Housekeeping

1987

40% NAUGHTY
60% NICE





Lightly salted or unsalted, stick or soft. Not available on West Coast.

Sure, a full 40% of Country Morning® Blend is real butter. Not only that, it's Land O Lakes® butter. Creamy, mouth-watering Land O Lakes butter that tastes a lot naughtier than it really is. But the rest of Country Morning Blend is pure and proper corn oil margarine that means 60% less cholesterol.

A nice idea with a terribly tempting taste.

Land O Lakes®
Country Morning® Blend

© 1987 Land O Lakes Inc

REUNION ALMANAC

continued

7 CELEBRATE SOMEONE'S BIRTHDAY

Grandma's 75th is one of the nicest reasons we can think of for getting the entire family together. Just think of all the presents she'll receive.



Birthdays make reunions extra special, like the icing on a cake.

8 SEW A FAMILY QUILT

It's a lot easier than it sounds. Everyone brings a completed patchwork square (perhaps embroidered with that family's name). At the reunion, the dedicated quilters in your clan piece the blocks together. Later, one family completes the quilt and brings it to your next get-together.



PERRY STRUSE

New family members join the fun.

9 WALK TOGETHER

A walk to the chapel where Grandma and Grandpa were wed, or to the family cemetery, is a powerful way to build family bonds.





PERRY STRUSE

Let the young folks in your family try their luck breaking open a gift-filled piñata.

12 SET UP A GIFT GRAB BAG

Here's a sure-to-please idea that's great for folks of all ages.



PERRY STRUSE

ED HURST

This impromptu band was the hit of the Hurst family reunion.

10 STRIKE UP A BAND

First, ask everyone who's so inclined to bring along a musical instrument. A little coaxing may be necessary to get those reluctant musical geniuses to start playing together, but after a while you'll hear improvised versions of *Auld Lang Syne* in one corner of the backyard and vintage Simon & Garfunkel songs in the other.

11 PRINT A T-SHIRT

Create a family coat of arms, or use Grandma's photo together with a few choice words. Custom T-shirts are inexpensive to produce if everyone contributes beforehand (local sporting goods stores charge about $5 apiece). Print several colors: That way, the shirts will make great softball team uniforms for your family all-stars, and they'll be a wearable keepsake.

TELL US MORE

We want to hear your ideas about how to make your next family reunion better than ever. Write to: **Family Reunion Almanac, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336.**

Our Special Thanks to Theses Families Whose Ideas Helped Us Prepare This Reunion Almanac:

The Schmillons of Long Beach, Calif.; the Halbmaier-Pauls of Muscatine, Iowa; the Lowells of Webster, N.Y.; the Gevens of Yankton, S.Dak.; the Harveys of Phoenix, Ariz.; the Valentines of Lantana, Fla.; the Johnsons of White Bear Lake, Minn.; the Thomas family of North Myrtle Beach, S.C.; the Shippens of Temple City, Calif.; the Frasers of Bath, Ohio; the Brzozowskis of Upper Marlboro, Mass.; the Curless family of Kansas City, Mo.; the Ansleys of Tampa, Fla.; the Nausbaums of Dixon, Ill.

TRASH-CAN HIDEAWAY

BUILD IT YOURSELF!

You can put up this terrific little yard house in a weekend or two.

TRASH-CAN COVER-UP

Jim and Connie Farber were sitting on their patio one day looking at the garbage cans. "We were tired of having the cans spoil our backyard view," says Connie. "So we decided to cover them up with something really spectacular."

Jim came up with the design here. The little house measures 30×56 inches. It sits on a concrete pad and extends up 87 inches, just below the fence top so as to be unobtrusive to neighbors.



PHOTOGRAPH: ERNEST BRAUN; FIELD EDITOR: HELEN HEITKAMP

Hide two cans behind the doors of this miniature house.

HOW TO BUILD YOURS

Pour a concrete floor and insert anchor bolts in the wet cement as shown on the drawing. Using rough-sawn redwood 2×4s, bolt the sill in place and erect the walls. Frame the roof with 2×6s. Use galvanized nails throughout.

To close in your house, nail up siding of rough-sawn redwood 1×6s. Make the doorframes of 1×4s and cover with siding. Sheath the roof with exterior grade plywood, cover with roofing felt, and attach wood shingles. Trim the corners with 1×4s, hang doors, and cut designs as desired.



La door gourmet is Pella's Traditional French Door. A spectacular accompaniment to any meal. Frame your skyline with French doors accented by Pella Archtop Windows. See a grand menu of ideas for new homes, remodeling and replacement only at your Pella Window Store. Find us in the Yellow Pages under "Windows."

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Mail to: Pella Windows and Doors, Dept. CO1H7, 100 Main Street, Pella, Iowa 50219. Also available throughout Canada. © 1987 Rolscreen Co.

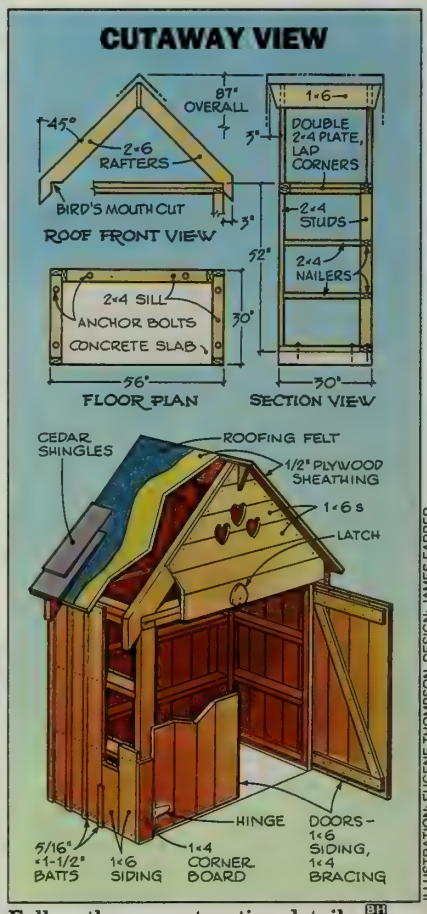


ILLUSTRATION: EUGENE THOMPSON, DESIGN: JAMES FARBER

Follow these construction details. B&G

fficially authorized by
hirley Temple...

THE SHIRLEY TEMPLE Heidi DOLL

)ne in a series of porcelain lolls capturing Shirley Temple in her most famous novie roles.

The Danbury Mint is pleased to announce an nchanting new Shirley Temple doll — author- ed by Shirley Temple herself! This fourteen- ich doll will depict Shirley Temple — dimples, mile, curls, ringlets and all — just as she ap- eared in the famous 1937 movie, "Heidi."

An abundance of bisque porcelain

The Shirley Temple "Heidi" Doll is lovingly rafted in fine imported bisque porcelain. In fact er entire upper body is formed of bisque porce- in, as are her legs and arms. Such an abun- ance of porcelain is unusual except in the most xpensive collector dolls.

Remarkable special touches

Eyelashes, eyebrows, and lips will be artfully ainted by hand. Her hair — those remarkable urls and ringlets — will be styled by hand.

She wears her famous "Heidi" outfit — com- lete with flowered vest, green striped apron nd black tights. Notice the frilled petticoat un- ergarment, the crisscrossed ribbon tying her est, and the matching red ribbon on her straw at. She's even wearing those adorable, brown hoes!

An exceptional value

The Shirley Temple "Heidi" Doll is available t the attractive original issue price of $90 which nay be paid in three convenient monthly install- nents of $30 each. This is a remarkable value when you consider that previously available Shirley Temple porcelain dolls have sold at prices in excess of $200.00. You will receive a display stand at no extra charge. What's more, your doll will be accompanied by a personalized erially-numbered Certificate of Authenticity.

A Danbury Mint exclusive

The Shirley Temple "Heidi" Doll is available nly from the Danbury Mint. Moreover, as a reg- stered owner of this doll, you will have the privi- ege — but not the obligation — of acquiring ther dolls in the collection with a matching se- ial number registered in your name only.

Please respond promptly

You need send no money now. Simply com- lete the Reservation Application and return it promptly. *Do reserve your doll today!*



Shown smaller than actual size of 14" in height. ©DM

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

THE SHIRLEY TEMPLE Heidi DOLL

V302

Please return promptly.

Please accept my reservation for *The Shirley Temple "Heidi" Doll.* The doll will be expertly crafted of imported bisque porcelain, lovingly hand-painted, and authentically attired in the adorable costume that she made famous.

I need send no money now. I will pay for the doll in three convenient monthly installments of $30 each*, the first being billed before shipment of my doll. If I am not satisfied, I may return my doll within thirty days for a replacement or refund, and this subscription may be canceled by either party at any time.

*Plus $1 per installment for shipping & handling.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each monthly installment charged to your: ☐ VISA ☐ MasterCard

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Credit Card Number Expiration Date

Signature _____

Allow eight to twelve weeks after payment for shipment.

GARDENER'S LOG

By Douglas A. Jimerson and Jane Austin McKeon

THE BATTLE AGAINST BUGS

Control pests naturally



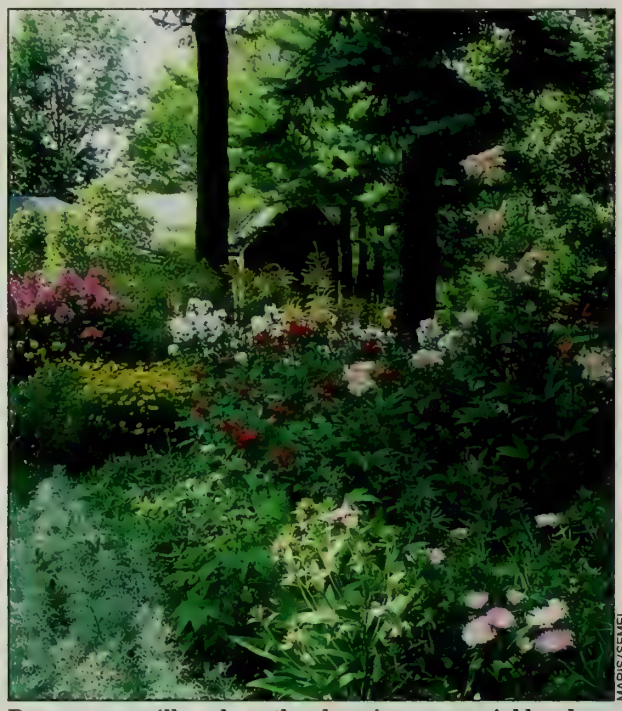
PETER KRUMHARDT

A beneficial ladybug.

Letting nature take its course often is the safest way to fight insects. Use these nonchemical controls to fend off the bad bugs.

- **Pyrethrum** is an ingredient in many natural pesticides. Derived from the chrysanthemum, it kills a host of crawling insects.
- **Bacillus thuringiensis** or B.t. is a bacterial pathogen that causes disease in caterpillars when eaten. Reapply after every rain.
- **Beneficial bugs** prey on pest populations. The good guys: ladybugs, lacewings, and trichogramma wasps.

For natural pest controls, write: The Necessary Trading Company, 645 Main St., New Castle, VA 24127.



MARIS/SEMEL

Proper care will prolong the show in a perennial border.

HOT-WEATHER TECHNIQUES

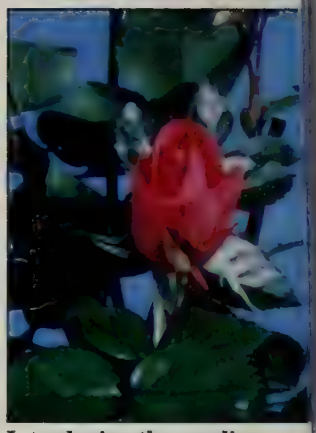
To keep perennials blooming

Late summer is one of the most colorful seasons in the perennial garden. This Connecticut border (*above*) flaunts late-flowering favorites, including lily, phlox, coreopsis, monarda, and filipendula. Follow these hot-weather techniques to keep your perennials blooming.

- **Pull weeds** as soon as they appear so they don't compete with your prized perennials for water.
- **Remove faded blooms** to improve the appearance of the border and to promote more blooming.
- **Water frequently** and deeply during dry spells. If brief summer showers fail to moisten more than the top inch of soil, provide supplementary water.
- **Mulch plants** to conserve soil moisture, lower soil temperature, and keep weeds down. Shredded bark, grass clippings, and compost are all good choices.

HORTICULTURAL BREAKTHROUGH

Tissue-culture roses



Introducing the roseling.

The new roselings take the thorns out of growing roses. Made from the healthiest cells of a superior plant, these tissue-culture plants are hardier and more disease-resistant than grafted roses. For a free catalog, write to Armstrong Roses, P.O. Box 4220, Huntington Station, NY 11746.

TEST GARDEN TIP

Watch out for Japanese beetles in your roses this month. To nip these bugs in the bud, hang a Japanese beetle trap. Sold at many garden centers, these traps lure the pests away naturally with sexual pheromones.

READER MAILBOX

Do you have any gardening tips and techniques that you'd like to share with our editors and *Better Homes and Gardens* readers? Mail your garden-tested tips and photographs (color slides preferred) to Gardener's Log, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. We will pay $25 for each idea published. No materials will be acknowledged, and we reserve the right to edit copy. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as the corporation wishes. We do not accept previously published ideas. BH&G



TASTE
THE
PERFORMANCE.


THE HIGH PERFOR
VANTAGE
ULTRA LIGHTS
20 CIGARETTES
A LOW TAR
VANTAGE
ULTRA LIGHTS
20 CIGARETTES
RICH FLAVOR ULTRA LOW TAR
100s
5 mg. "tar" 0.4 mg. nicotine av. per cigarette by FTC method.
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

ANCE ULTRA LIGHT.

EVER BEFORE
AS ANYONE PROMISED
IGH PERFORMANCE TASTE
N AN ULTRA LOW TAR—
ND ACTUALLY DELIVERED. UNTIL NOW.

AND WE'LL PROVE IT! →



ULTRA LIGHTS

VANTAGE



A.1.® makes kabobs even kickier.



A.1.® Sweet and Sour Kabobs

1 pound lean ground beef
3/4 cup **A.1. Steak Sauce**
1/2 cup plain bread crumbs
1 egg, beaten
1 (8-ounce) can pineapple chunks in its own juice, undrained
1 medium green pepper, cut in squares
6 cherry tomatoes, halved
6 fresh mushrooms, halved
Hot cooked rice

Mix ground beef, 1/4 cup steak sauce, bread crumbs and egg; shape into 24 meatballs. Drain pineapple, reserving juice. Mix remaining steak sauce with reserved juice. Set aside.

Thread meatballs, pineapple, green pepper, cherry tomatoes and mushrooms on 6 skewers. Grill or broil kabobs 4 to 6 inches from heat source for 10 to 15 minutes or until done, turning and brushing with steak sauce mixture frequently. Serve with rice. Makes 6 servings.



A.1. makes hamburgers taste like steakburgers.®
(Imagine what it can do for all your beef recipes.)

The Better Homes and Gardens®

INNOVATION HOUSE

NEW DESIGN, NEW TECHNOLOGIES, CLASSIC CHARM

By Barbara Lewis



Winning architect Edward F. Papp, AIA, designed a compact house that is open to the outdoors.

WHY THIS HOUSE IS A WINNER

- **EXTERIOR**
  Understated formality in classic lines, beautifully scaled proportions, and rich architectural detailing.
- **FLOOR PLAN**
  Open feel and well-defined rooms within 1,500 square feet.
- **STYLING**
  Homey appeal from traditional styling and superb craftsmanship.
- **NEW TECH SYSTEMS AND PRODUCTS**
  Energy efficiency, easy maintenance, and space-saving strategies and *new tech–products.*

Buying information, page 123.

INNOVATIONS IN HOUSING

- ***Design the ultimate 1,500 square-foot house.***



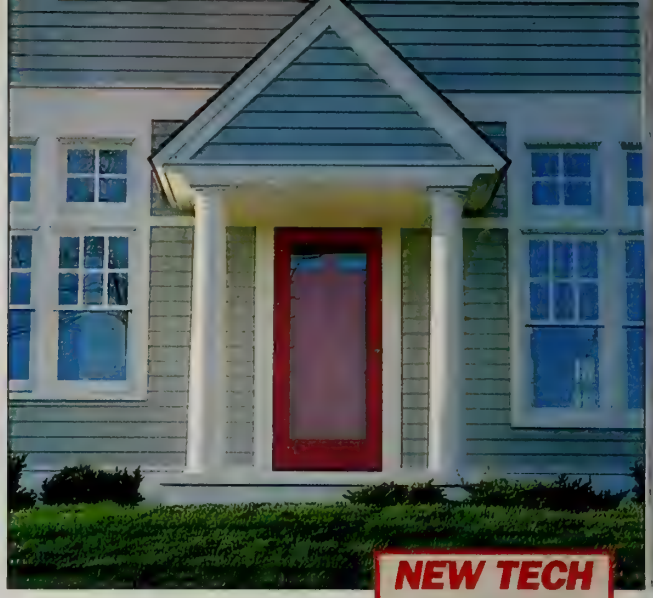
Editor Barbara Lewis (left) with Peter Pflaum of Lundgren Brothers Construction, Inc., and Maryann Olson of the American Plywood Association.

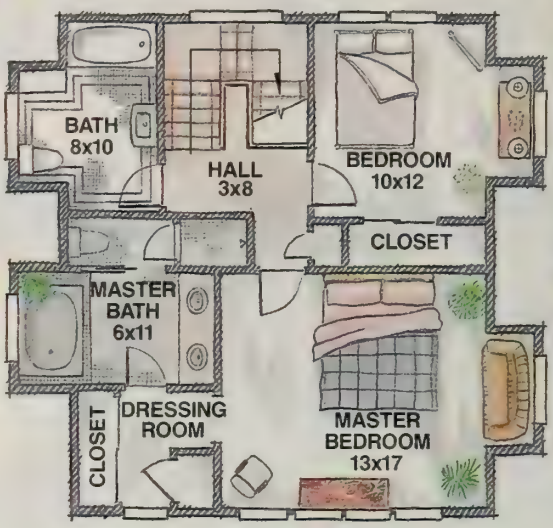
That's the challenge *Better Homes and Gardens*® magazine, the American Plywood Association (APA), the American Wood Council, and *Progressive Architecture* and *Builder* magazines issued to entrants in this year's Innovations in Housing contest.

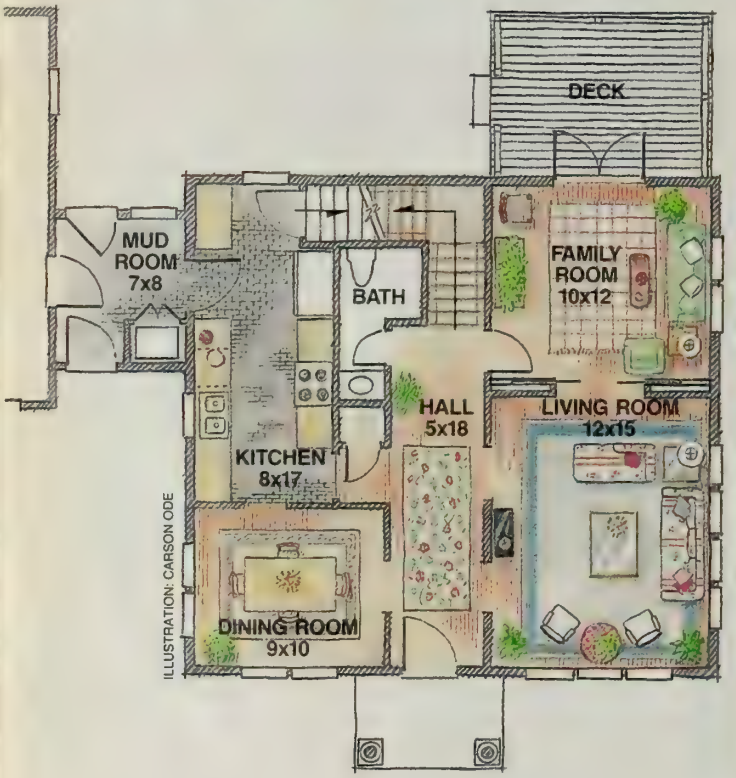
Engineered to withstand the rigors of Minnesota's cold winters and steamy summers, the winning house cost $130,000 to build.

THIS YEAR'S INNOVATIONS WINNER

Our little house is as smart as it is charming, combining energy-saving and timesaving technologies with turn-of-the-century styling.







PORTICOED ENTRY

● *Impressive welcome*

Twin columns supporting a pediment flank the doorway, adding importance to the entry and setting a formal tone for the living spaces beyond.

NEW TECH

This efficient house is **Thermal Crafted,** meeting high standards of energy efficiency.

For more information, see page 36.



FLOOR PLAN

● *Windows and doors align for sweeping views*

Lengthy views slice through several rooms at a time, opening up the inside to natural light and borrowing space from the outdoors.

Downstairs, the main activity areas branch off from the central hallway.

Upstairs, bedrooms compose a separate restful world.

To order plan number 19446, see page 117.

CENTRAL HALLWAY

● *Sophisticated fixtures highlight the hall*

Invitingly backlighted by windows at the top of the stairwell, a gracious hallway carries the traditional mood indoors. Glowing sconces, mounted high along the wall opposite doorways to the main living areas, accent the lofty ceilings with a soft uplight.

Taking full advantage of every bit of space, we tucked a powder room at the far end of the hall beneath the stairs.

NEW TECH

Heat-saving **low-E glass** windows make the most of the sun's warmth.

For more information, see page 36.





LIVING SPACE

- ***High ceilings give modest areas room to breathe***

  Nine-foot 8-inch ceilings and a novel combination of standard windows lend scale to the room. The decorating scheme, devised by Leila Lake of Dayton's Interior Design Studio, complements the charm of our house.

- ***Set the stage for elegant dining***

  Opened up by windows on two sides, the light-filled dining room borrows space from the outdoors.

NEW TECH



TRI/CON™ wiring packs cable TV, power, and telephone lines into a single cable.

For more information, see page 36.

THE KITCHEN

- *Straight-shot galley saves steps*

Built-in appliances, set flush with smooth-face cabinets, streamline the kitchen, sparking the overall look with sophisticated European flair.

High ceilings relieve the small size of the compact kitchen. To counter the strong vertical lines, we set floor pavers sideways across the width, and trimmed the walls with 7-inch wood molding above the cabinets and door.



Mixable modules
Mix and match a refrigerator with a wine cooler and a small upright freezer.



Stackable units
A full-size washer and dryer store neatly in the air-lock entry off the kitchen.

THIS YEAR'S INNOVATIONS WINNER





RELAXING GUEST ROOM

- ***Comfy old-house charm says 'welcome'***

  A south-facing window creates a cheerful play of sunlight. We painted the walls a rich and deeply saturated shade of blue-green.

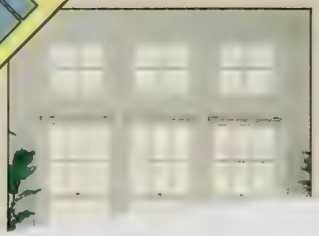
- ***Metallic gold accents spark a small bath***

  A pale green pedestal sink and dark green feature stripes—punctuated at the corners with single gold tiles—jazz up a space-expanding, white-on-white scheme.

THIS YEAR'S INNOVATIONS WINNER

NEW TECH

Energy-Saving Systems and Laborsaving Devices



cool air in.

Low-E glass windows cost 10 to 20 percent more* than double-pane windows using conventional glass.

AIR-INFILTRATION BARRIER

● ***Reduce the loss of heat through cracks and seams in walls.***

Stapled to the exterior between sheathing and siding, TYVEK® house wrap, manufactured by Du Pont, cuts heat loss through walls by up to 33 percent. Made of high-density polyurethane fibers that "breathe," TYVEK house wrap helps prevent condensation within the wall cavity.

TYVEK house wrap costs about 9 cents a square foot.

CONDENSING GAS FURNACE

● ***Squeeze more Btus out of the gas you buy.***

A condensing gas furnace uses a heat exchanger to re- that normally in the mbus- con- asing rwise gas cent ex- cent

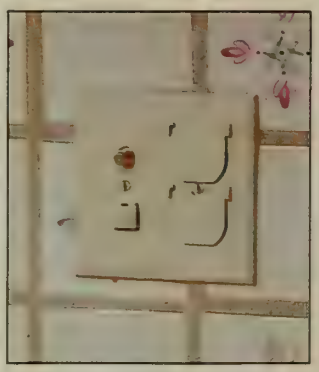
he n ld. Ow- s can gy efficien- design, construction, heating, and cooling variables before they build. A computer program (based on assumptions about future occupants' lifestyles and usage patterns) helps predict the estimated annual heating and cooling costs of a new house.

Our builder estimates that the heating and cooling costs for our Innovation House in Minneapolis should average $505 a year—$374 for gas and $131 for electricity.

HOME SECURITY SYSTEM

● ***Program and monitor the major systems in your house from your TV set.***

The main controller—about the size of a clock radio—plugs right into your set. To control lights, security system, thermostat, and so forth, simply point the remote unit at your TV screen and press buttons as directed on the screen display. If you plan to be away, make your home appear occupied by programming the system to turn lights, television sets, and stereos on and off at constantly changing intervals. The G.E. Homeminder™ system costs from $450 to $500.



TRI/CON™ outlet is twice as wide as a standard two-plug electrical outlet.

SINGLE-CABLE HOME WIRING

● ***An all-in-one system anticipates the way new homes of the future will be wired.***

The TRI/CON™ single cable gathers wires for standard electrical appliances, telephone, and cable TV hookup into a single cable so you can plug any piece of equipment or system requiring electrical power into any outlet. The TRI/CON wiring system meets the National Electrical Code—the model for about 95 percent of local codes throughout the country. The single-cable system is more expensive, but a builder can install it more quickly, usually saving you up to 60 percent on the labor costs.

PERMANENT WOOD FOUNDATION (PWF)

● ***A PWF can be installe in a day in just about a kind of weather.***

This revolutionary fou dation system was develope by the wood industry two d cades ago. Because there no need to wait for concret to cure, construction ca proceed without delay. Pro er allowance for drainag ensures a dry basement, an thick batt insulation keep the space toasty warm.

In many areas of the coun try, a PWF is less expensiv to install than its conven tional concrete counterpart.

INSULATED WATER HEATER

● ***A snug overcoat con serves energy.***

A 2½-inch-thick layer of insulating polyurethane foam reduces standby heat loss overnight, or during other periods when you're not using much hot water. A 52-gallon insulated water heater costs about $330.

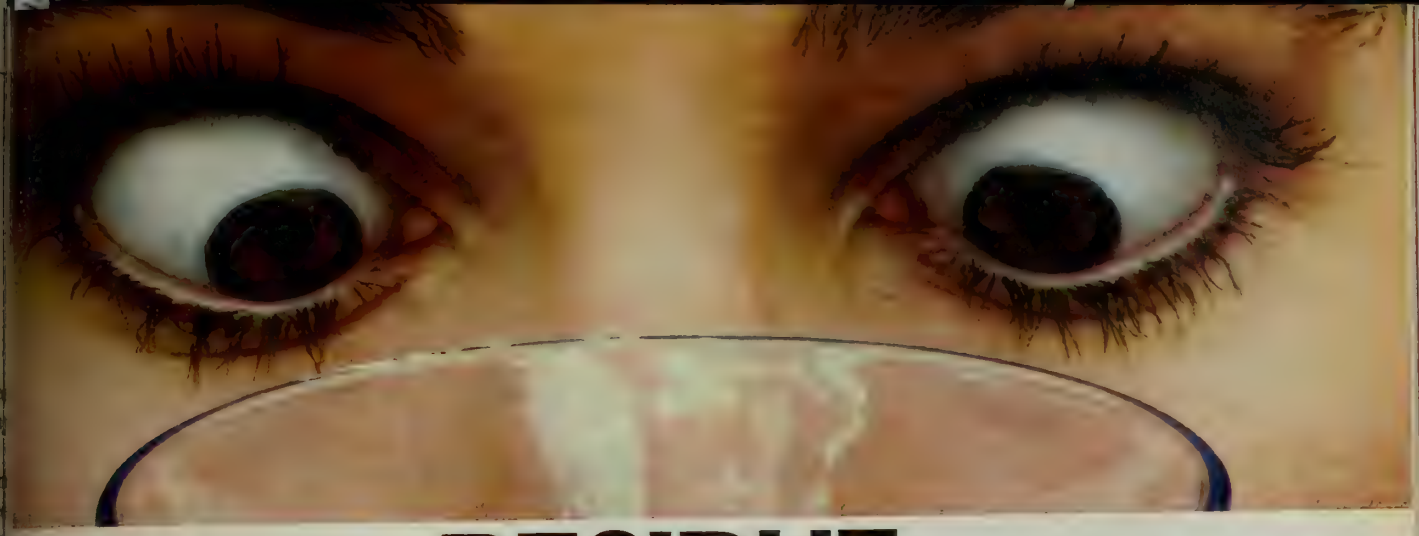
CENTRAL VACUUM

● ***The system is noiseless and convenient, and installation is relatively easy.***

Snap a 32-foot hose into in-wall outlets and vacuum dirt and lint into an easy-to-empty canister hidden in your basement or utility room. A central vacuum is especially welcome in two-story homes. A typical system costs $371.

**All quoted costs are suggested retail.*

For buying information, see page 123.



RESIDUE.



RESIDON'T.

Liquid Palmolive® Automatic in Regular and New Lemon.
Your solution to dishwasher powder problems.

© 1987 Colgate-Palmolive Co.



6 mg tar, 0.6 mg. nic. **3 mg** tar, 0.3 mg. nic. **9 mg** tar, 0.7 mg. nic.

None of these brands is as low as Carlton Box 100's.



1 Less than **mg**
tar, 0.1 mg. nic.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

100's Box: 1 mg. "tar", 0.1 mg. nicotine av. per cigarette, FTC Report Jan. '85.

©The American Tobacco Co. 1987.

DOING BATTLE WITH MILDEW

HOW TO PREVENT IT, HOW TO REMOVE IT

Here's how to prevent mildew or remove it from dank basements, interior walls, and bathroom tile.

AVOIDING THE PROBLEM

Airborne spores that produce mildew are everywhere. These spores grow into mildew when confined to a damp, dark, and poorly ventilated area. You can prevent the growth of mildew by ventilating and dehumidifying your home. Install a whole-house fan (do it yourself or call a heating/cooling contractor) or use portable dehumidifers.

When fighting mildew with any of the remedies listed below, wear rubber gloves, and make sure that your work area is amply ventilated.

MILDEW IN THE BASEMENT

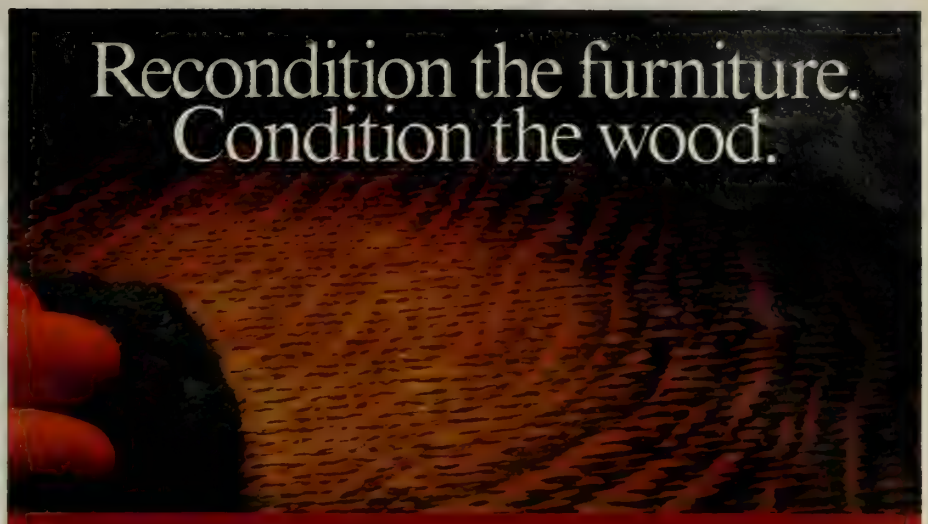
During the summer months, basements can get rank with humidity. Operate a portable dehumidifer to keep the basement dry. To remove mildew, mix a solution of 1 cup chlorine bleach with 1 gallon of water. Wash the floors and walls of your basement with this solution, rinse, and wipe dry. *(Never add ammonia to chlorine as mixing the two solutions produces deadly gases.)*

MILDEW ON WALLS

To remove mildew from painted interior walls, wash with a mixture of ½ to 1 cup of chlorine to a gallon of water. For vinyl papered walls, mix ⅓ cup of liquid detergent such as Wisk or Dynamo and ½ cup of bleach in 1 quart of water. Wash surfaces thoroughly, rinse with water, and dry with a soft cloth. Avoid damage to paint and paper by removing the cleaning solution quickly.

MILDEW ON TILES

Tile cleaners such as Tilex or X-14 will clean mildew from grout lines and ceramic surfaces. You can also try ¼ cup of chlorine bleach mixed in a quart of water. Wipe mildew stains away with this solution and then dry the area immediately.



New, improved Formby's® Conditioning Furniture Refinisher is uniquely formulated to help *condition* the wood as you dissolve old varnish, lacquer and shellac.

Formby's Conditioning Furniture Refinisher contains a special wood conditioner rich in natural wood oils, which penetrates deep into the wood fibers to help prevent drying and cracking. And since Formby's dissolves the finish so gently, you don't have to sand or scrape.

Trust Homer Formby. The best friend your wood ever had.

FORMBY'S CONDITIONING FURNITURE REFINISHER

PUT MORE THAN JUST A ROOF OVER YOUR HEAD.



Install Andersen® roof windows and turn what might otherwise be dull into daylight.

Be it a kitchen in need of brightening, a bath in need of lighting or a family room in need of openness. Andersen roof windows accomplish it all.

For further enlightenment, on roof windows and other Andersen products, send the coupon for our free brochure.

Mail to Andersen Corp., Box 12, Bayport, MN 55003.
I plan to ☐build ☐remodel ☐replace

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( ) Phone

Andersen AW Windows · Patio Doors ™

Come home to quality.

Andersen

PAINTED FLOORS

HERE'S WHAT TODAY'S BEST-DRESSED PLANKS ARE WEARING!

By Denise L. Caringer

What a refreshing look these artful paint jobs bring to a worn wood floor! From classic colonial checks and playful hearts to faux fringed rugs, such designs can personalize any room.

PAINTED FLOOR BASICS

- **WHAT CAN YOU DO YOURSELF?** With a steady hand, masking tape, stencils—and patience!—you can create artful checks, stripes, or hearts. Mask off simple squares or stripes, or use ready-made stencils for other shapes. With a bit more skill and artistry, you can design and cut your own stencils. Intricate patterns, however, are best left to professionals.
- **PREPARE THE FLOOR.** Remove any old wax, then sand the area. If you sand to the bare wood, seal with a coat of thinned oil-base primer.
- **PAINT THE BASE COATS.** Use two or three coats of oil-base paint in the color and finish (flat paint or shiny deck enamel) of your choice.
- **CREATE YOUR DESIGNS.** Practice on scrap wood before attempting the real thing. Brush paint (usually oil base, but acrylic paint is OK) between masked lines, or dab paint through stencils.
- **PROTECT YOUR HANDIWORK.** Wait for 24 hours, then protect your design with at least three coats of low luster or shiny polyurethane varnish. Let the floor dry 24 hours between each coat.



FLOOR DESIGN: WILLIAM AND REBECCA PERRINE

TRADITIONAL DIAMONDS

Are painted floors practical in high-traffic places? You bet! Painted on a plywood floor several years ago, this design still looks great. The vintage motif makes a perfect background for homey antiques and casual gatherings with friends.

PAINT A STAIRWAY RUNNER

A creamy runner decked out in diamonds and stripes brings cottage chic to the adjacent stairway. A low-luster finish helps maintain safety.



WAKE UP A DINING NOOK

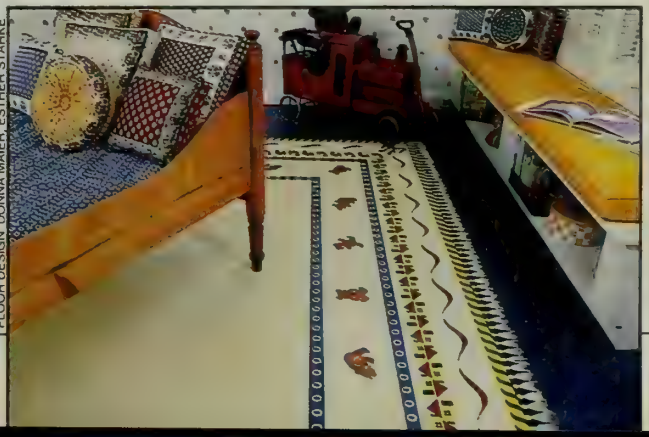
Sweet hearts give an ordinary dining area its forget-me-not appeal. The contrast of multihued hearts over off-white is enhanced by a crisply checked wall covering.



DESIGN, CHRISTINE BAKALAR

CREATE A ROOM-SIZE "RUG"

A border of bright circles, bears, houses and—yes!—even fringe create the fantasy and fun of this professionally painted "rug." Patterned fabrics pull the room together.



FLOOR DESIGN, DONNA MAIER; ESTHER STARKE

EMERGENCY CARE FOR PETS

A SPECIAL FIRST-AID TEAR-OUT GUIDE FOR PET OWNERS

By Paula Patyk

WHAT TO DO WHEN ACCIDENTS HAPPEN

Follow the four steps below, whatever the emergency. For advice on how to treat specific injuries, turn to *page 44*. Your quick, calm actions can ease your pet's discomfort and minimize complications. Always take your pet to a veterinarian after administering at-home first aid.

STEP 1 APPROACHING



Fright, confusion, and pain can make even a docile pet try to scratch, bite, or bolt. Move slowly. Soothe the pet by repeating its name softly. Beware if the neck hairs appear bristled. Let the animal smell your closed hand, and cover it with a towel or blanket.

STEP 2 RESTRAINING



To prevent bites: Wrap a long piece of cloth around the muzzle, as shown. Tie it at the top and under the chin; then tie both ends behind the ears. If the dog tries to bite, call a veterinarian.

Restrain a cat by wrapping it loosely in a towel.

STEP 3 CHECKING 'ABCs'

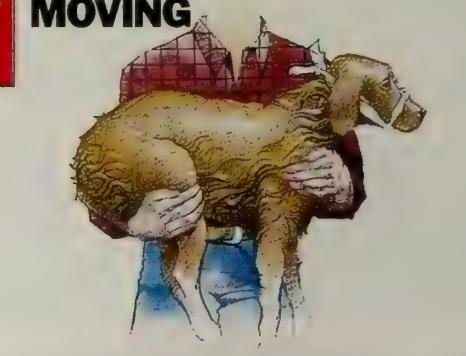


A: Airway. If your pet is unconscious, check its mouth to be sure the airway is clear of bones or other obstructions.

B: Breathing. If the pet is unconscious and not breathing despite a clear airway, give mouth-to-mouth/nose resuscitation. To perform this lifesaving procedure: Cover the animal's nose and mouth with your mouth. Put gauze or a paper towel over the dog's nose. (For a large dog, cover the nose only with your mouth, and seal the dog's mouth with your hands.) Blow into the nostrils until you see the chest rise. Pause to let it fall. Repeat 12 to 15 breaths per minute until breathing resumes.

C: Circulation. Assume in any accident that there is *shock,* a dangerous drop in blood pressure that occurs when a pet's body can't adjust to injury. Symptoms include shallow breathing, pale gums, cool paws, and listlessness. Keep the animal warm and quiet. Then, rush it to the veterinarian's office.

STEP 4 MOVING



JIM BUCKELS

Slide the pet onto a blanket, and carry as you would a person on a stretcher. Carry a pet with minor wounds in your arms. Hold a cat or small dog in the crook of one arm, supporting the back legs, chest, and neck. Carry a large dog as shown.

continued on page 44

WRITE DOWN THE IMPORTANT INFORMATION HERE

Your Veterinarian's Name _____

Address _____

Phone _____

Your Pet Emergency Clinic's Name _____

_____

Address _____

Phone _____

HELP STOP A

CHOPLIFTER



WITH NEW TENDER CHOPS™

Dog Food

Dogs are desperate for new Tender Chops. They look like real meat chops—with a savory meaty middle surrounded by the crunch of a bone. Plus, they come in All Tender style, too!

So help stop a choplifter. Get new Tender Chops. If you don't...your dog will.



All those in favor
of a litter that freshens whenever you step,
raise your hand.



With *Fresh Step*® cat litter, cats can actually control odors all by themselves. Because only *Fresh Step*® has a unique freshening system with tiny odor controllers that are released whenever your cat steps or scratches in the litter box. Cats like that. You will too.



Freshens with every step.®

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EMERGENCY CARE FOR PETS

continued from page 42

COMMON PET EMERGENCIES:
AUTO INJURIES

● **What to look for:** Check for internal injuries (labored breathing, bleeding from the nose or mouth, no response when you pinch the hind legs) and for broken bones (bent or dragging legs, pain, swelling, favoring of one leg). Assume injury even when there are no visible signs of problems.

● **What to do:** Keep the pet warm with a blanket and move it very gently. Treat visible bleeding by applying pressure. Do not try to set broken bones. Seek veterinary help. (If you must travel far, apply a makeshift splint to broken limbs: roll a newspaper or magazine around the leg and wrap it in cloth. This reduces painful jarring.)

WOUNDS

● **What to look for:** Even minor scratches, cuts, or puncture wounds can cause pain and dangerous infection. Spurting blood is a sign that an artery has been cut.

● **What to do:** Apply pressure to *any* bleeding wound for at least 10 minutes. To help keep a wound clean, use a dressing (a clean hankie, towel, or gauze) that has been soaked in water and wrung out. Cuts on footpads may bleed profusely. Apply direct pressure. Then wrap the paw tightly with a pressure bandage. See your veterinarian. Only if veterinary help is far away should you clean and bandage the wound yourself. To do this, apply warm water, then place a gauze pad on the wound and anchor the bandage with adhesive tape.

BURNS

● **What to look for:** Scalding water, hot grease, and even certain chemicals can cause burns. Carefully examine the skin under the fur for reddish color (minor burn), or swelling, blackish and whitish color (severe burn). Assume shock for serious burns.

● **What to do:** All burns require veterinary treatment. Apply a cold cloth compress continuously while transporting the pet to curb the burn's damage. Do not remove the animal's collar if it appears attached to the skin. Never use facial tissue or cotton balls—they stick to skin. Don't apply butter or any oily substance to a burn—oils retain

continued on page 47

PLAN AHEAD:
ROUND-THE-CLOCK EMERGENCY CARE

Post your veterinarian's phone number near your phone. You should have an emergency pet care plan for evenings, weekends, and holidays. Discuss this with your veterinarian. Many rotate off-hours duty with colleagues. A new option is the emergency pet clinic, found in most cities (see the Yellow Pages). These clinics stay open when veterinary offices are closed.

Fisher-Price introduces a playmate your baby can look up to.

Fisher-Price® knows that after only a few months, babies are able to do something that forever changes their view of the world.

They look up.



So we've made something wonderful for them to look up to: the Fisher-Price Baby's View Play Mat. The first activity quilt with a fold-up bolster that puts everything at see-level.

So little ones can pet fuzzy ears and crinkly feet. Or discover a bone that squeaks. There's a bright, shiny mirror to play peek-a-boo, an apple that rattles and a teether to chew.

What's more, our Play Mat has straps for easy folding and storage. It's also machine-washable and dryer-safe.

The Fisher-Price Baby's View Play Mat. It's more fun no matter how you look at it.



©1987 Fisher-Price, Division of The Quaker Oats Company, East Aurora, New York 14052. Also available in Canada.



Back in 1910 in the Jones household,
Mr. Jones may have been the big wheel,

but it was Mrs. Jones who
kept things rolling.

You've come a long way, baby.



VIRGINIA SLIMS

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

© Philip Morris Inc. 1987

8 mg "tar," 0.6 mg nicotine av. per cigarette, FTC Report Feb.'85.

continued from page 44

heat and prolong the healing process. Keep the animal warm by wrapping it in a blanket.

CHOKING

● **What to look for:** First symptoms include salivating, pawing at mouth, gagging, reluctance to eat or drink, and distress. If normal breathing is not restored, collapse may follow.

● **What to do:** If the pet is coughing, it may eject the foreign object on its own. If coughing persists, firmly strike the side of your pet's chest a few times with your open hand. If this fails, give *abdominal thrusts:* With the animal standing, kneel behind it and squeeze the stomach just below the ribs (be careful, ribs are fragile), pressing upward. Repeat until the object comes out. If the pet becomes unconscious, open its mouth and pull the tongue forward. If you can see the object, remove it with your fingers. Otherwise, give the chest blows and abdominal thrusts described above. Give mouth-to-mouth /nose resuscitation if the pet is not breathing. Seek veterinary help.

POISONING

● **What to look for:** Symptoms vary by poison, but may include depression, convulsions, excessive salivating, swelling of the mouth or tongue, diarrhea, vomiting, and collapse.

● **What to do:** Always call a veterinarian first (or, call the poison control center at a local hospital). Never induce vomiting for petroleum products, acid, or lye (examples: motor oil, polish, bleach). Likewise, do not dilute the poison with milk or water unless told to do so by a health professional. For poisons such as antifreeze and rat poison, vomiting is often advised. With a teaspoon, place 3-percent hydrogen peroxide in the pet's mouth. Induce swallowing by tilting the pet's head up and rubbing its throat. Give 1 teaspoon for a cat or small dog; 2 to 4 teaspoons for large dogs; repeat if necessary.

FIRST AID KITS: KEEP ONE HANDY!

Your family's first-aid kit can do double-duty for your dog and cat. Or you can buy a kit from a pet store that's designed for animals. (One to try: The new Pet Emergency First Aid Kit, from Dan Hill products, contains 20 items plus a first-aid book. about $29.95.) A pet emergency kit should include the following:

● **Adhesive tape:** to hold bandages in place.

● **Bandage scissors:** to cut gauze pads and tape.

● **Gauze pads:** to use as a pressure bandage or compress.

● **Gauze wrap:** to make a muzzle or to wrap bandages or splints.

● **Hydrogen peroxide** (3 percent): to induce vomiting or, when diluted with water, to cleanse wounds.

● **Rectal thermometer:** (with petroleum jelly to lubricate) to monitor fever.

● **Tweezers:** to dislodge splinters or glass.



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WHEN YOU DISAPPROVE OF YOUR TEENAGER'S PALS

WHEN TO WAIT, WHEN TO ACT

By John Rosemond

Lately, your son has deserted his old friends for a new, fast crowd. Their bizarre clothes are bad enough, but their parties really worry you. Still, you know that well-intentioned warnings can backfire. You're caught between the urge to protect your son and the instinct to let him make his own decisions.



STEVE BJÖRKMAN

When you don't like your teen's friend, should you step in and stop the relationship or stand back and see what happens?

FOUR SOLUTIONS

Let the situation dictate how you respond to your teen's friend. Here are four ways to deal with increasingly troublesome friendships.

1. When to keep quiet

Do nothing about your teen's choice of a friend when your disapproval is based solely on stereotypes, personal tastes, or opinions of a friend's parents.

Example: Your child's friend is from the "bad part of town," or is of a different race, religion, or ethnic heritage.

Example: You don't like a friend's dress, haircut, or manner of speech.

Example: You don't like or don't get along with the youngster's parents.

2. When to speak up

When you spot signs of potential trouble—but no actual problems now—keep a close eye on things and express your concerns to your child.

Example: The friend sometimes associates with troublemakers, but hasn't been involved in any mischief.

Example: The friend has been in trouble before, but seems to have straightened out.

Example: The friend's parents don't supervise as well as you'd like, or they give freedoms you're not yet willing to give your child.

Under such circumstances tell your teen how you feel: "I'm not comfortable with your friendship with so-and-so." Explain your expectations: "I'm going to keep closer tabs on you now than I normally would. But if you stay out of trouble, I won't butt in."

3. When to take action

Limit the relationship if the friend habitually gets into trouble, but only in certain situations; or, if your child and the friend get into minor trouble together. These are "marginal cases."

Example: The friend has a bad driving record.

Example: The friend has been arrested for shoplifting.

Example: Your child and the friend skipped school together.

In such situations, put some logical restrictions on the friendship. For instance, if the friend's driving record is poor, don't let your teen ride along. If the friend has been arrested for shoplifting, don't let them go to stores together without an adult.

You may issue a warning: "Right now, I'm only going to limit your relationship. If problems occur, I may put a complete freeze on things. It's all up to you and your friend."

4. When to draw the line

Prohibit the friendship altogether if the friend is a proven, habitual troublemaker, or if your child and the friend make major mischief together.

Example: The friend is a known drug user.

Example: The friend has a history of juvenile delinquency.

Example: Your teen and the friend burglarize someone's home. BH&G

RULES OF THE ROAD

The decision to intervene in your child's social life is never easy. You must balance facts against your intuitions, biases, protectiveness—and your ego. These rules of thumb will give you some direction:

- **Let your child pick his or her own friends.** Pressuring your child into friendships almost always ends in disaster. The greatest danger is that the youngster will rebel and take friendships "underground."
- **Tolerate friendships that you think are mistakes.** Remember that adolescence is a time to experiment socially, and even disastrous friendships can teach important lessons.
- **Hold your child accountable for his or her own behavior.** Don't even imagine that your child only misbehaves because of a friend's poor example. Pinning blame on the bad influence of a friend won't help your child learn to accept responsibility.
- **Think before you pull rank.** Don't forbid a friendship unless you absolutely must to protect your child's safety and well-being. Given a little time, some potentially bad situations work *themselves* out.



MITCHELL KEARNEY

John Rosemond is a family psychologist, a nationally-syndicated columnist, and a regular contributor to BH&G.


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NEW WINDOWS, NEW LOOK

REPLACEMENT UNITS UPDATE AN OLD RANCH

By Jim Hufnagel

Replacing three leaky aluminum windows with four wood round-tops brought new style and efficiency to a '50s ranch.

STYLISH SOLUTION

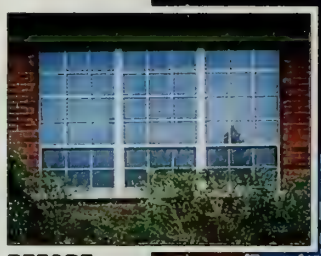
There wasn't much Judith and William Gants could find to like about their old living room windows. The trio of single-hung aluminum units leaked air and moisture and several panes frequently fogged up with condensation. What's more, the Gantses felt that the glass dominated the room, especially because it had to be draped to keep out harsh sunlight. The answer, they decided, was to install four new double-hung wood windows, each topped with a semicircular fanlight. Check our Before and After photos and you can see what a difference it made!

ENERGY BONUS

Not so obvious is the energy savings the installation brought about. First, there's 15 percent less glass area, which solves the glare problem and reduces heat losses. Solid-wood construction and insulating glass further conserve heating and cooling energy. And because the double-hung sashes open at top and bottom, ventilation is improved, too.

Two carpenters did the job in just two days, plus a third day for staining the interior woodwork and bricking around the curved-head fanlights.

For buying information, see page 123.



BEFORE EXTERIOR The old metal window had a dated, 1950s look.

AFTER EXTERIOR The new round tops are stylish and energy efficient.

PROJECT SPONSOR: WENCO



BEFORE INTERIOR Inside, draperies couldn't quite hide the dated eyesore.

AFTER INTERIOR Attractive without draperies, the new windows also give the Gantses a better view.

PHOTOGRAPHS: RINDSBERG PHOTOGRAPHY. DESIGN: BARRON KRODY AND JOHN C. SMITH



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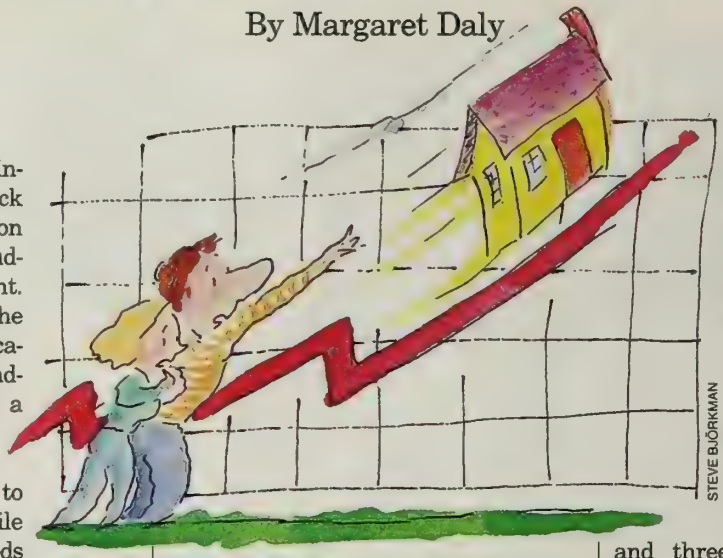
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HOME LOAN STRATEGIES

WHAT TO DO ABOUT RISING RATES

By Margaret Daly



STEVE BJÖRKMAN

A sudden boost in mortgage rates may sink your home-loan application midstream. With interest rates more unpredictable than ever, what are your choices?

A changing market

Home buyers and refinancers suffered a rude shock recently, when interest on fixed-rate mortgages suddenly jumped a full percent. Many people, caught in the middle of the loan application process, had to find additional cash, settle for a lesser loan, or give up the home they wanted.

Experts expect rates to continue to be more volatile within shorter time periods than in the past. Here's advice to help guard against sudden shifts in the rate.

Know what you're in for

Get an idea of what kind of money you can borrow *before* you shop for a house and sign a purchase agreement. Many lenders will describe several possibilities, so you'll understand what you can afford under what circumstances. That's no guarantee of a loan, but the paperwork is likely to move faster once you actually apply. You also won't be risking binder money by committing to a purchase you can't possibly afford.

When you apply for a loan, make sure you understand all the terms. Unless specified otherwise in writing, you'll pay the going rate at loan-approval time, no matter what the stated rate is when you make the application.

● **Tip:** Look for little or no prepayment-penalty clauses, so your options for refinancing are enhanced if rates drop significantly later on.

Consider locking in the rate

Except for short periods when rates are especially volatile, many lenders allow you to pay an up-front "lock-in" fee of, say, 1 percent ($600 on a $60,000 loan) at the time you apply for the loan. That will hold the present, stated rate and other terms, such as points, intact for a specified period—typically, 30, 45, or 60 days. Generally, the fee is credited to your loan at closing time, so it costs you nothing once you close. (Some lenders charge no fee to begin with.)

● **Tip:** You may be held to the locked-in rate even though general rates drop before you close. If you're convinced that mortgage rates are on the way down, you might chance a "floating" rate rather than pay a fee you'd have to forfeit if you went to another lender.

● **Tip:** Lenders generally will honor a lock-in agreement if the closing is delayed for reasons under their control. However, there is little formal protection against failure to complete loan paperwork within a stated time. (Federal legislation to that effect was introduced recently, and a few states have adopted rules requiring lenders to finish paperwork "in a timely fashion.")

Your best strategies: Make sure you read and understand all details of the loan documents when you apply. Discuss specifically how lock-in agreements work and whether the contract gives the lender the right to raise rates under certain circumstances. (What happens if FHA rates rise, for example?) Get the lock-in rate in writing. Most important, work through a Realtor or lawyer who can steer you to a lender with a reputation for closing on time.

Go for an ARM

As we went to press, adjustable rate mortgages (ARMs) were running two and three percentage points below fixed-rate loans. It could take a year or more for the ARM to catch up with today's fixed rates, presuming rates continue to rise. Meanwhile, you've saved hundreds of dollars or more in payments. Even if you've locked in a fixed rate, many lenders will let you switch to an ARM without paperwork delay.

● **Tip:** Although the majority of ARMs now have interest rate "caps"—typically, no more than a 2-percent rise allowed in one year, no more than 5 or 6 percent over the life of the loan—many of these loans *don't* have such protection. Make sure the terms are clear and fit your plans. A properly capped ARM can be an especially good deal if you intend to move in a few years.

● **Tip:** Most ARMs tie rates to one of two indices. Which is better depends on your prediction for long-term interest rate trends: 1. The "cost-of-funds" index, which tends to lag a rising market, means your payments would go up more slowly. 2. The Treasury-note (T-note) index, which is more volatile and likely to rise faster, also drops farther in down markets. Note: If your loan limits how much monthly payments can rise within a specified time, they may not adjust fast enough to reflect the market. If so, the difference may be tacked on to the outstanding principal on your loan—a phenomenon called "negative amortization." BH&G

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A SPIFFED-UP KITCHEN IN THE SAME OLD SPACE

NEW WORK AREAS AND NEW TRAFFIC PATTERNS

By Jean Schissel Norman



Greenhouse windows open up the views from kitchen and breakfast nook.

Fine-tuning a kitchen floor plan can turn around the whole room without costing you a fortune.

TAKING A U-TURN

By simply eliminating a doorway and a closet, David and Elizabeth Sandler redirected the traffic flow around their new kitchen. Now, the 8×11-foot room provides a protected meal-preparation area.

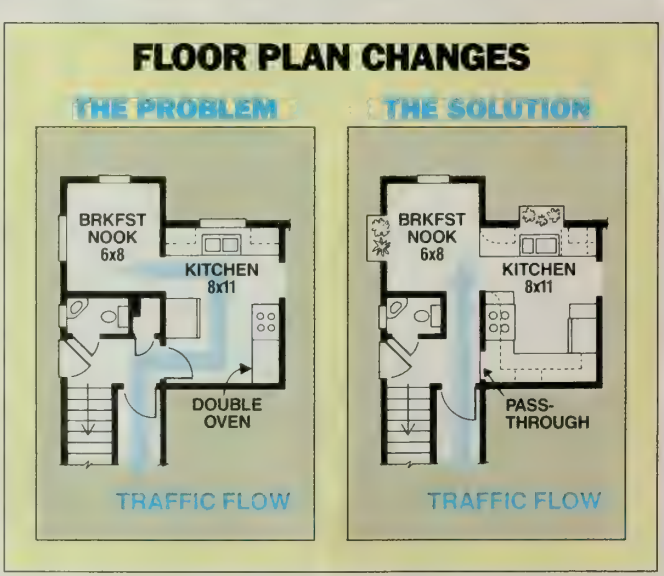
A DEFT REWORKING

Before remodeling, three doorways channeled kids and pets right through the heart of the room. (See Problem floor plan, *right.*) An impractical arrangement provided a narrow slice of space on each side of the sink as the only countertop work areas. The range and refrigerator faced each other across the room.

By reworking existing space, the Sandlers created an efficient U-shape work area that includes a cooktop, built-in oven, microwave, and refrigerator/freezer.



The U-shape work core is a big improvement over the former corridor. Now passersby don't disrupt the chef.



The remodeling closed in a door to create a U-shape. Now you get to the nook without going through the kitchen.

STRAIGHT THROUGH

Removing a closet beside the half bath created direct access to the nook (*far left*). No longer do family members have to cut through the kitchen. (See Solution floor plan, *below.*)

The small breakfast nook could be claustrophobic for a family of five (the nook measures 6×8 feet). But thanks to the effects of bare white walls, a greenhouse window, and a minimum of furniture, the space seems much larger than it actually is.

Says Elizabeth, "We feel we have used the space to the utmost. It's really amazing how much usable room we have."

STRATEGIES THAT EXPAND SPACE

- Add a feeling of volume to a small room with light-colored cabinets, countertops, floors, and walls.
- Use every inch of space for storage with pullout pantries and lazy-Susan units.
- Install all-purpose countertop materials to eliminate the need for chopping blocks and trivets.
- Build in bump-out windows—greenhouse units and bays—to expand the view and add interior space.
- Plan a clean-line design and keep it free from clutter to establish an open feeling in a small room. BH&G

Jean Norman is a free-lance building writer.

Photographs: Susan Gilmore. Architects: John B. A. Idstrom, II, and David Ostreim Field editor: Patricia Carpenter



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INTO A SINFUL INDULGENCE

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A salad smothered in Marie's may be sinful. But a salad without Marie's is a sin. **Thick, rich Marie's.**

Look for Marie's 10 varieties in your produce section. Not available in all areas. © 1987 Specialty Brands

TUMS FOR CALCIUM?

If you have questions, here are the answers:

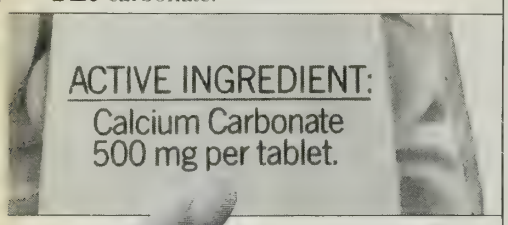
Q. Since when is Tums® a calcium supplement?

A. Tums antacid tablets have been a calcium supplement since long before you ever heard of calcium supplements.

For over 50 years, Tums has contained calcium carbonate as an active ingredient. Besides being one of the very best acid neutralizers, it's also one of the purest, most easily-absorbed forms of calcium.

Q. But what about the other antacid ingredients in Tums?

A. There are none. Just calcium carbonate.



Q. What if I want a calcium supplement—but don't need an antacid?

A. No problem. On the advice of their doctors, millions of people take Tums for calcium who *never* need an antacid.

And vice versa.

That's because the ingredient in Tums that makes it such a great antacid, calcium carbonate, is also an excellent source of calcium.

So people who need either antacid relief or extra calcium—or both—can take Tums with confidence.

Q. If Tums is such a good source of extra calcium, why can't I get my calcium from other antacids?

A. Because most other antacids contain no calcium—they're made with ingredients like aluminum and magnesium.

Q. My doctor recommended the calcium supplement I'm now taking. Why should I switch to Tums?

A. Just compare labels. If you're taking any of the leading calcium supplements, chances are you'll see they contain the very same source of calcium, calcium carbonate. Thousands of doctors, aware of this, are now recommending Tums for calcium. If you're still not sure you should switch, check with your doctor again.

Q. The calcium supplement I'm now using seems to be satisfactory. What makes Tums better?

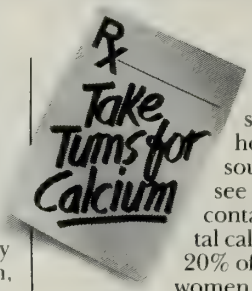
A. The money it will save you. Tums cost a lot less than any leading calcium supplement—less than half of what you pay for any of the leading advertised brands.

So unless you're taking Tums, you're almost certainly paying more money than you have to get the calcium you need.

Price Per 1000 mg. of Elemental Calcium	
Tums®	*12¢*
Os-Cal® 500	*41¢*
Caltrate®	*28¢*
Posture®	*25¢*
Suplical™	*18¢*

**Based on 1986 Independent Drugstore Retail Pricing Data.*

Q. How do I know how many Tums to take?



A. Simply check the back label for specific information on how to use Tums as a source of calcium. You'll see that each Tums tablet contains 200 mg. of elemental calcium, which equals 20% of the U.S. RDA for women. (There's also an extra-strength Tums formula—Tums E-X, with 300 mg. per tablet.)

Once your doctor tells you what your specific needs are, you'll know exactly how many Tums tablets to take.

Q. I saw a TV commercial that said teenage girls should take Tums for calcium. What's that all about?

A. It's true. Teenagers need even more calcium than adult women—about 1200 mg. a day. And a recent government survey shows that most teenage girls get only 800 mg. a day from their diets. So it is very important for them to take a good calcium supplement like Tums *while their bones are forming*, to make sure they have strong, healthy, well-formed bodies when they are mature.

In addition to its critical role in helping to build strong bones and preventing osteoporosis, many other potentially important benefits of calcium are just now being discovered. Continued calcium research is essential if we are to learn exactly what calcium can do to help us stay vital and healthy. Recognizing this, the makers of Tums recently sponsored an international calcium symposium in which doctors from all over the world met and discussed the diverse roles calcium may play in battling not only bone disease, but also chronic diseases like hypertension, high cholesterol and colon cancer. Several studies suggest that the need for calcium in the body may go far beyond maintenance of your bones.

Tums will continue to help support further calcium research and symposiums to find answers to these and other important questions about calcium.



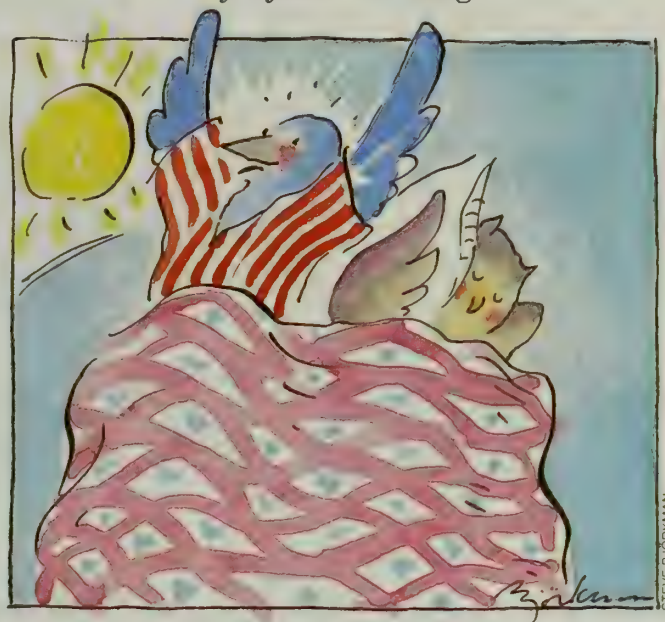
Tums. More than just a great antacid.

YOUR BODY CLOCK AND WHAT MAKES IT TICK

HOW TO BE AT YOUR BEST FOR WORK AND PLAY

By Lynne Lamberg

Your inborn preference for morning or night affects everything from your odds of having accidents to your choice of jobs. Here's how to work with—or reset—your inner clock.



STEVE BJORKMAN

About one in five of us can clearly be classified as a "morning person" or a "night person." These preferences affects our lives in some surprising ways.

COPING WITH YOUR BODY CLOCK

Highs and lows in mental sharpness are tied to daily rises and falls in body temperature. You feel more alert when your temperature is up and more sleepy when it's down. Body temperature varies as much as 2 degrees through the day.

Here are ways to cope with your up and down times from Timothy Monk, a University of Pittsburgh Medical School researcher.

■ **Maximize your highs.** Do complex tasks in the morning, when your temperature is most likely to be rising.

■ **Capitalize on your lows.** Save such mundane, repetitive tasks as sorting the mail for afternoons.

■ **Beware post-lunch slump.** During the afternoon, when the urge to nap strikes, try to be physically active. Run errands or talk to coworkers.

■ **Set meetings for late morning.** Both morning and night people are in good shape then.

ACCIDENT AWARENESS

Daily lows in temperature call for extra caution.

■ **Day workers: Be careful if you find yourself working between 4 and 6 a.m.** During this period, for instance, truck drivers have more one-vehicle crashes and doctors make more errors reading electrocardiograms.

■ **Expect sleepiness at work if you work rotating shifts.** "Occupational jet lag" is the reason, says Dr. Richard Coleman, of Stanford University. Like jet-setters, rotating shift workers must adjust to varying wake/sleep times.

■ **Drive carefully during your "down time."** Dr. Peretz Lavie and his colleagues at the Technion-Israel Institute of Technology in Haifa have shown that sleepiness-related traffic accidents soar during the body's afternoon temperature dip.

EXERCISE AND YOUR INNER CLOCK

Vigorous exercise can influence your body temperature cycle, affecting your daily ups and downs in alertness.

■ **Exercise early in the day can help even night people feel more alert.**

■ **Exercise between 4 and 6 p.m. to fall asleep faster** and to sleep better.

■ **Avoid strenuous exercise after dinner.** Evening sports raise your body temperature and make it harder for you to get to sleep.

FOOD AND DROWSINESS

You may be able to minimize the impact of your alert and sleepy periods by adjusting what you eat.

■ **Eat a high-protein breakfast** for a boost at the start of the day.

■ **Avoid big helpings of pasta for lunch.** Carbohydrates induce sleepiness. Avoid alcohol, sweet desserts, and candy bars.

■ **A high-carbohydrate dinner** or bedtime snack may help you to wind down in the evening.

NAPTIME SAVVY

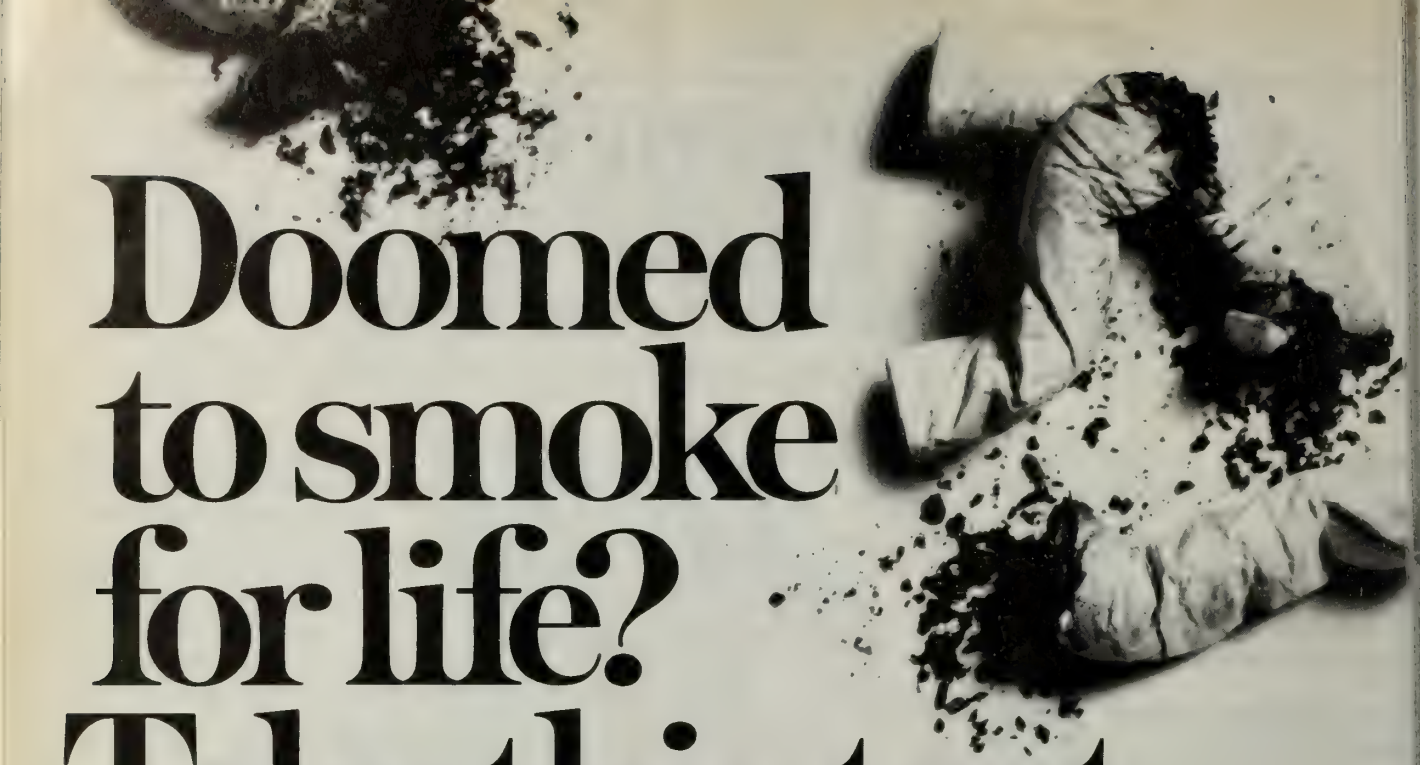
It's a myth that closing your eyes for just a couple of minutes is refreshing.

■ **Nap for at least 10 minutes,** advises Dr. Michael Bonnet of the Loma Linda, California Veterans Administration Hospital. The brain treats sleep of less than 10 minutes as the equivalent of being awake.

■ **But don't nap longer than an hour and a half,** according to psychologist David Dinges of the University of Pennsylvania in Philadelphia. Long naps can rob you of deep sleep at night.

■ **Take a two-hour nap beforehand to help you stay alert if you know you're going to miss a lot of sleep,** Dr. Dinges suggests. This advice counters the conventional belief that napping in advance won't help you combat the effects of sleep loss.

Lynne Lamberg is a freelance writer and author of The American Medical Association Guide to Better Sleep.



Doomed to smoke for life? Take this test.

This thirty second test measures nicotine dependence. Your doctor can tell from your answers how dependent you are.

- How soon after you wake up do you smoke your first cigarette?_____
- Do you find it difficult to refrain from smoking in places where it's forbidden, e.g., in church, at the library?_____
- Of all the cigarettes you smoke in a day, which is the most satisfying?_____
- How many cigarettes a day do you smoke?_____
- Do you smoke even if you're so sick that you're confined to bed most of the day?_____
- What brand do you smoke?_____

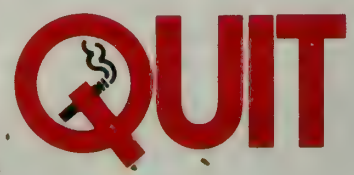
Now take this test to your doctor.

Adapted from Fagerström, K-O: Tolerance, withdrawal and dependence on tobacco and smoking termination, Int Rev Appl Psychol 32:29-52, 1983.

Take this test to your doctor and find out how a program of treatment and counseling may help you quit smokin for good—even if you are heavily dependent on nicotine!

Your chances of quitting for good are greater with an approach that provides treatment to overcome nicotine withdrawal, and counseling to alleviate the psychological and social factors.

If you're determined to quit smoking, your doctor and Merrell Dow can help you succeed.



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GET WET, GET FIT

SHAPING UP WITH WATER EXERCISES

Exercising in the water is the trendiest—and safest—way to get into shape. You don't even have to own a pool or know how to swim!

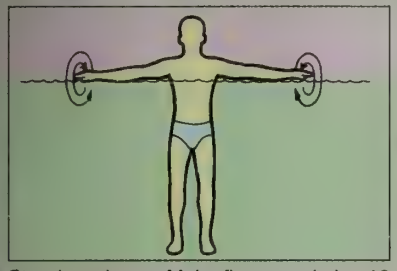
BENEFITS FOR ALL

Water exercises are similar to ones you might do on land. Most enthusiasts enjoy working out in formal classes at a local pool, but you can exercise in almost any private or public pool.

Water workouts offer many benefits:

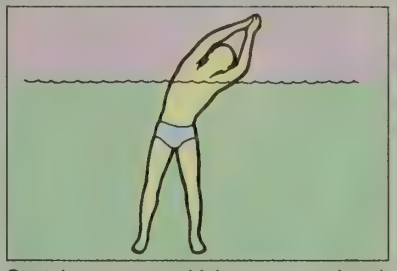
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1. ROUND THE CLOCK



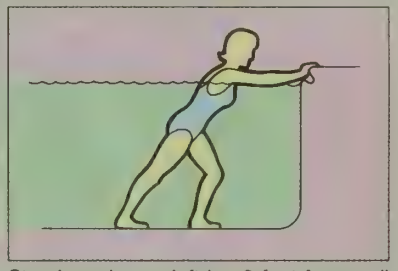
Stand as shown. Make five arm circles 12 to 15 inches across. Circle five times, 4 to 6 inches across. Repeat in opposite direction, palms up. Repeat for 60 seconds.

2. BEND AND STRETCH



Stretch your arms high over your head, fingers laced. Bend comfortably to the left (no twisting!) for 10 seconds. Repeat on the right side. Repeat for 60 seconds.

3. CALF STRETCH



Stand as shown, left leg 3 feet from wall and straight. Move hips forward until left calf muscle begins to stretch. Hold 10 seconds. Alternate legs for 60 seconds.

CARSON ODE



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GET WET, GET FIT

continued

- **Total fitness.** A well-planned program builds strength, flexibility, and aerobic endurance.
- **Less joint strain.** Your joints don't take a pounding, so water exercise is a low-injury sport, ideal for individuals who are overweight or afflicted with joint ailments or injuries.
- **Fun for all.** Water workouts aren't only for the old or the infirm. Many of the exercises are adapted from drills performed by water polo players, some of the best conditioned of all athletes.

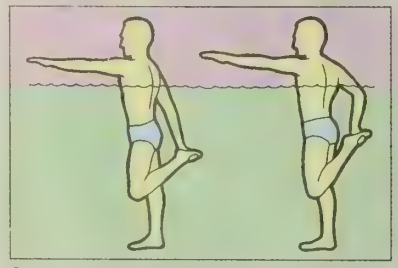
DUNKING NOT REQUIRED

Getting a workout in water isn't as inconvenient as you might think. You don't need to submerge your head, and you don't need an olympic-size pool. Waist- to chest-deep water is fine for most water exercises. As with any exercise program, get a doctor's OK before starting if you have any limiting physical conditions like a cold or the flu, back problems, pregnancy, and so on.

A PROGRAM FOR BEGINNERS

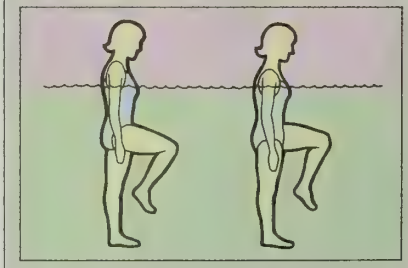
The 10 exercises offered here are perfect for first-timers. They were adapted from *The New Aqua Dynamics* by Casey Conrad. (Available for $4.95 from National Spa and Pool Institute, 2111

4. ANKLE PULL



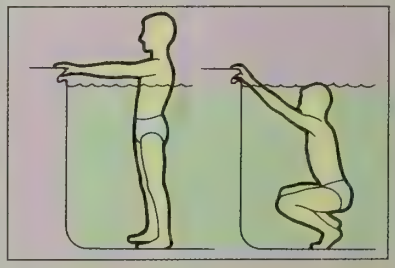
Stand at pool edge, holding on with your right hand. Gently pull your right heel to your buttocks with your left hand. Hold 10 seconds. Alternate legs for 60 seconds.

5. PARADE MARCH



Exercises 5, 6, and 7 offer aerobic workouts. See text for more information. Standing in chest-deep water, march in place, swinging your arms at the same time.

6. BOBBING



Stand as shown. Take a deep breath, then exhale and bend your knees until you are submerged. Return to starting posture, continuing to exhale. Inhale and continue.



Eisenhower Ave., Alexandria, VA 22314.) Unless noted, all can be done in waist- to chest-deep water.

Don't work out in water that is less than 78 degrees. A temperature range of 82 to 85 degrees is ideal, slightly warmer for people with arthritis.

Set aside three days a week for exercise. (You can mix water workouts with other types of vigorous exercise.) Work up to 30 to 40 minutes per workout: a five-minute warmup (exercises 1, 2, 3, 4), a vigorous 20- to 30-minute workout (exercises 5, 6, 7), and a five-minute cool-down routine (exercises 8, 9, 10). Go slowly at first. If you start to get winded, slow down.

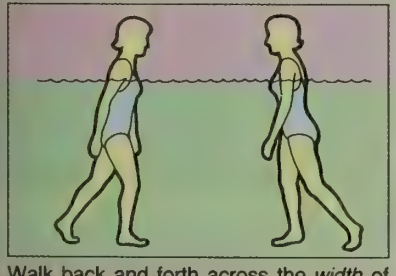
OTHER WATER WORKOUTS

The program presented here is a good introduction to water workouts. Other ways to get in shape include:

- **Lap swimming.** You'll gain the most benefits from *medleys* (changing strokes with each lap or length) and *interval training* (alternating fast and slow swimming). A swim coach or Y instructor can get you started.
- **Masters competition.** Adults aged 20 and up compete against others in their age group on local, state, and national levels. Contact your local Y.

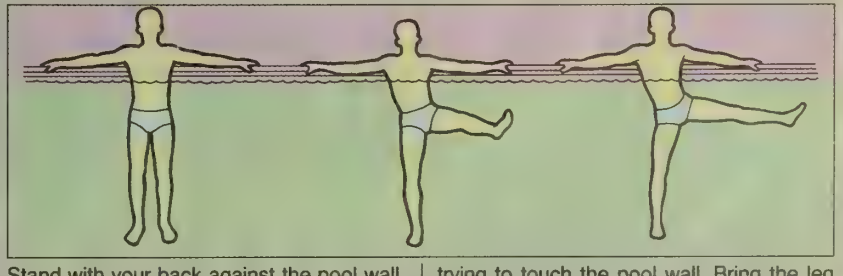
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7. POOL WALKING



Walk back and forth across the *width* of the pool, leaning slightly forward. Beginners: start with waist-high water. As fitness improves, advance to mid-chest level.

8. SWINGER



Stand with your back against the pool wall, hands out to the side resting on the pool edge. Raise your left foot straight out in front as high as you can. Swing the foot to the left, trying to touch the pool wall. Bring the leg down to the start position as forcefully as you can. Repeat with the right leg. Alternate legs for 60 seconds.

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continued

● **Water sports** like water polo, water basketball, and synchronized swimming make keeping fit fun.

FOR MORE INFORMATION

● The Arthritis Foundation supports a program of water exercise offered through most local YMCAs. For a free pamphlet, "Exercise and Your Arthritis," contact your local chapter of the Arthritis Foundation, or send a SASE to: Arthritis Foundation, P.O. Box 19000, Dept. G, Atlanta, GA 30326.

● For information on water polo, write: U.S. Water Polo, Inc., 1750 East Boulder St., Colorado, CO 80909.

● *The W.E.T.™ Workout* and *Swimming for Total Fitness.* By Dr. Jane Katz. (Facts-on-File Publishing Co.)

● *Aquacises.* By Terry Lee. (Reston Publishing Co.)

THANKS!

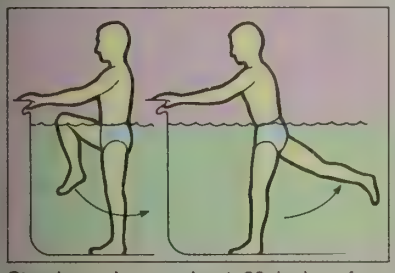
For help in developing this article, our gratitude goes out to:

● Millard Freeman, national aquatics program director, YMCA.

● Dr. C. Carson Conrad, director of President's Council on Sports and Physical Fitness, 1970–1984.

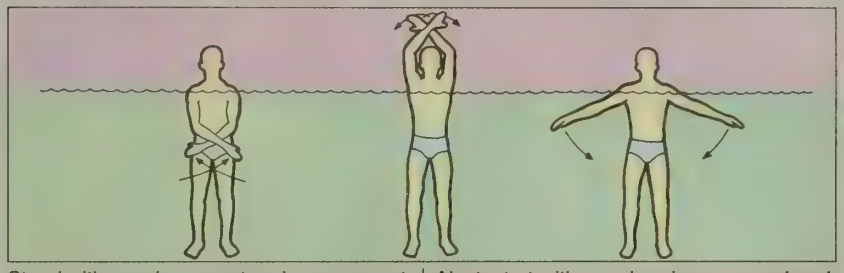
● Dr. Jane Katz, Ed.D., professor of health and physical education, Bronx Community College.

9. MULE KICK



Stand as shown, about 20 inches from pool edge. Lift knee to chest, then kick down and back, lifting your heel toward the ceiling. Alternate legs for 60 seconds.

10. CIRCLE 'N' SWING



Stand with your legs apart and your arms at your sides. Vigorously swing your arms outward and up over your head. Return your arms to your sides. Repeat for 30 seconds.

Next, start with your hands over your head, and move your arms vigorously down to your side. Return to the start position and repeat for 30 seconds.



DIET AND HEALTH

By Lynn Hoppe

OATS: GOOD FOOD FOR A HEALTHY HEART

QUESTION

A friend in my weight loss group suggested that by eating oats I can lower blood cholesterol. I hadn't heard this before. Is it true?
Tina Thomas
Nashville, Tenn.



SCOTT LITTLE

Fruit and marmalade are low-fat toppers.

ANSWER

Yes. Research shows that oats as part of a modified-fat diet will enhance reduction of cholesterol levels beyond that which can be accomplished by diet alone. This is especially true in people who have high blood cholesterol levels.

The kind of water-soluble fiber found in oats may be responsible for the cholesterol-lowering effect. (The same fiber is also found in beans, barley, and fruit pectin, which appear to have a similar effect on cholesterol levels.)

How much oatmeal and for whom?

Is it worth trying to lower your blood cholesterol below the American average? Yes, most experts believe that the American average of 215 mg per deciliter is too high. Lowering your cholesterol levels can't hurt and it may reduce your risk of developing heart disease.

How much oatmeal? In one study, normal subjects included 2 ounces of oatmeal or oat bran (2 cups of hot cereal or two oat muffins) daily in their modified-fat diets. Within a few weeks, the addition of oats had reduced their cholesterol levels by 3 percent more than the modified-fat diet alone.

Just keep in mind two things: First, to control blood cholesterol levels by diet, you *must* minimize fat. Oats just provide a little added benefit. Second, although 2 ounces of oats can help lower cholesterol levels, more is not necessarily better. A varied diet is still your best tack. Remember, adding beans and barley to your diet can have similar effects.

GINGER OATCAKES

Keep prepared batter on hand in your refrigerator for up to 2 days.

1½ cups milk
¾ cup quick-cooking *or* regular rolled oats
1 cup all-purpose flour
1½ teaspoons baking powder
¾ teaspoon ground cinnamon
¼ to ½ teaspoon ground ginger
¼ teaspoon baking soda
1 beaten egg
3 beaten egg whites
2 tablespoons cooking oil
2 tablespoons molasses
Sliced bananas (optional)
Orange marmalade (optional)

Heat milk over low heat just till hot, stirring occasionally. Stir in oats. Remove from heat; let stand 5 minutes. Combine next 5 ingredients and ¼ teaspoon *salt.* Combine next 3 ingredients; stir into oat mixture. Add oat mixture to flour mixture; stir till moistened.

For each pancake, pour a scant *¼ cup* batter onto a hot, lightly greased heavy skillet. Cook till golden brown, turning to cook other side when surface is bubbly with slightly dry edges. Serve with bananas and marmalade. Makes fourteen 3½- to 4-inch pancakes.

Nutrition information per pancake: 96 cal., 4 g pro., 13 g carbo., 3 g fat, 22 mg chol., 120 mg sodium, 1 g dietary fiber.

8 delicious ways to add oats to your diet

- Substitute oat flour or purchased oat bran for up to one-third of the all-purpose flour called for in baked goods. To make oat flour, in your blender or food processor grind rolled oats for 1 minute using the highest speed or "grind" setting. Turn the appliance on and off as needed to evenly grind the oats. You'll need about 1¼ cups of rolled oats to make 1 cup of oat flour.
- Use rolled oats as breading for oven-fried fish or skinless chicken. Brush with low-fat milk instead of margarine or butter before coating.
- Add up to 2 tablespoons regular or quick-cooking rolled oats to 2 cups of rice, barley, or bread stuffing.
- Use ⅓ cup oats instead of bread crumbs in meat loaves or meatballs based on 1 pound ground meat.
- Use 2 tablespoons rolled oats to thicken a sloppy joe mixture based on 1 pound of beef.
- Toast oatmeal with a little margarine and cinnamon in a 350° oven. Serve as a topper for fresh fruit.
- Add some oats to yeast bread recipes.
- Substitute ⅓ cup steel-cut oats for ½ cup of rice in pilafs.

What's on Your Mind?

If you have diet and health concerns, favorite good-health recipes, and cooking tips, we'd like to hear from you. Send letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. No materials will be acknowledged or returned. BH&G

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TROPICAL FRUIT CHUTNEY

A MANGO RELISH, SPICED JUST RIGHT!

MANGO CHUTNEY

- 2 ripe medium mangoes
- 1 small cooking apple, peeled, cored, and chopped (¾ cup)
- ½ cup chopped red *or* green sweet pepper
- 1 small onion, chopped (¼ cup)
- ½ cup raisins
- ⅓ cup sugar
- ¼ cup vinegar
- 1 tablespoon chopped crystallized ginger
- ½ teaspoon pickling salt *or* salt
- ¼ teaspoon mustard seed

Using a sharp knife, peel mangoes. Slice fruit from seed and chop. (Should have about 2 cups.) In a 2-quart saucepan combine mangoes, apple, pepper, and onion. Cook and stir over medium-low heat 5 minutes. Add remaining ingredients. Bring to boiling, stirring constantly. Reduce heat and simmer, uncovered, about 30 minutes or till chutney is thickened, stirring the mixture occasionally.



MIKE DIETER

Mango Chutney—try it on grilled meat.

Cover chutney and chill for several hours or overnight. Store, covered, for 1 month in the refrigerator or up to 2 months in the freezer. Makes 2¾ cups.

Nutrition information per 2 tablespoons: 40 cal., 0 g pro., 11 g carbo., 0 g fat, 0 mg chol., 50 mg sodium, 1 g dietary fiber. U.S. RDA: 19% vit. A, and 14% vit. C.

SMART SHOPPER'S TIP

Search out plump, slightly soft mangoes with a fresh fragrance. The skin should be smooth and starting to turn red or gold. Avoid mangoes with large soft spots. To ripen the fruit, let it stand at room temperature till tender. Chill before serving. BH&G



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THE LIGHT FANTASTIC

A KITCHEN WHITE AND BRIGHT

By Gregory D. Cook



ELEGANT OPENNESS. An angled island divides the flowing spaces.



CORRIDOR COOKING. Appliances and counters serve the main cooking station.

PHOTOGRAPHS: VINCENT LISANTI (LAMINATE COUNCIL OF AMERICA) DESIGN: ROBERT LIDSKY

SPACE AND LIGHT: HERE'S A KITCHEN BURSTING WITH BOTH. A SKYLIGHT EXTENSION BRINGS IN LIGHT; WHITE LAMINATE AND MIRRORED BACKSPLASHES REFLECT IT ABOUT.

A WIDE OPEN FEELING

Taking full advantage of its size (20×22 feet), this eat-in kitchen spreads out to provide multiple functions. The homeowner wanted a room where she could plan meals, entertain, and prepare favorite international dishes. Of top priority: sleek styling and an easy-to-clean space.

ANGLES DIVIDE THE SQUARE

Careful planning ensures the grouping of related activities. The island, placed on the diagonal, effectively organizes the space. On one side, table and chairs accommodate dining; on the other, appliances and counter tops provide for cooking.

EASY-CARE SURFACES

This high-style kitchen boasts low maintenance as well as European flair. Plastic laminate cabinets and countertops wipe down easily, as does the ceramic tile floor. The mirrored backsplashes will spot, but they're quickly cleaned.

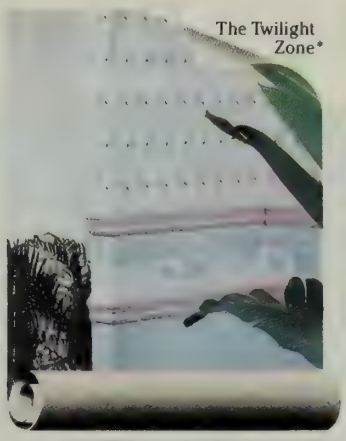


PLANNING AREA. A desk-height top and a bar sink create a practical nook.

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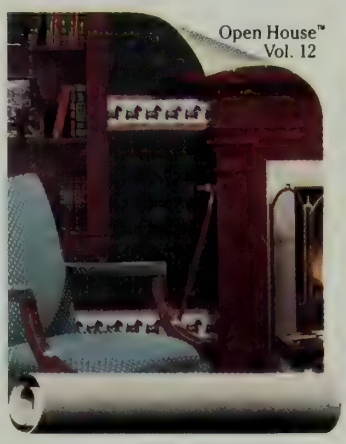
Shy



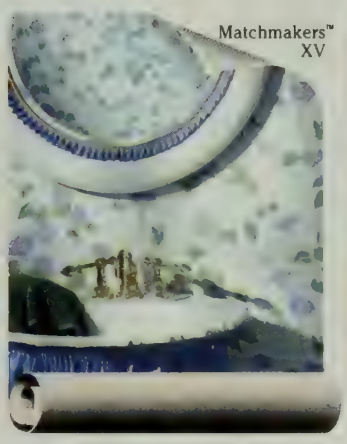
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BUILT-IN WINDOW SEAT

A READING NOOK FOR KATIE

By Gregory D. Cook



"It's fun to have my own place! Now I have drawers and shelves to store my stuff, and I love the view from the dormer when I sit down to read."
—Katie McQuilkin

DREAMY DORMER

Eleven-year-old Katie is right at home in her roost above the new family room. Her bedroom, part of a two-story addition, comes complete with a windowed dormer (*right*) that enlarges an otherwise small space. To emphasize the effect, the dormer walls are painted blue to contrast with the bedroom's white walls and ceiling.

A PLACE OF HER OWN

When Katie's not skiing, playing softball, or working with wood, she loves to read. For that, the window seat and built-in shelves are perfect. The white-painted pine matches the window trim, tying in with the dormer and the rest of the room.

The window seat lifts to reveal an interior lined with cedar, where Katie stores her sweaters. Underneath, the large drawers provide still more storage, and at each end, a backrest is topped by adjustable bookshelves. The dimensions could be altered to fit any dormer nook.

To order Project Plan No. 50417 for the window seat/storage unit, send check or money order for $6.95 to: Better Homes and Gardens® Reader Service, Dept. 22L, Box 374, Des Moines, IA 50336. BH&G



FIELD EDITOR, ESTELLE BOND GURALNICK

PRIVATE RETREAT. Just the place to crack a good book.



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DORMER DESK. A short wall neatly provides a station for homework.



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As you shop for a pedestal lavatory, keep these points in mind:

COLOR AND STYLE: Decide whether you want to coordinate or contrast with other fixtures. Some manufacturers offer harmonizing accessories.

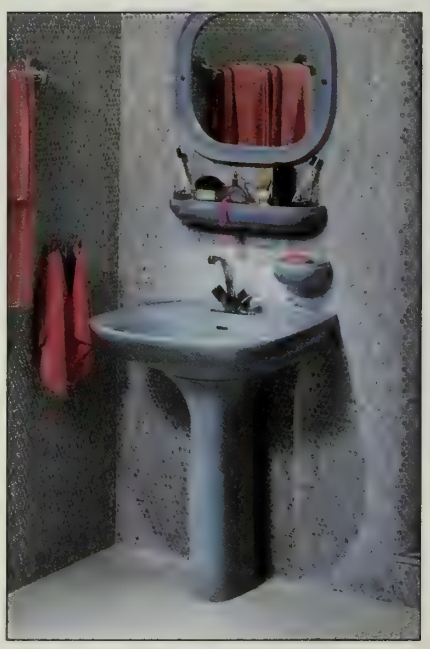
PRICE: Expect a pedestal lavatory to cost quite a bit more than an ordinary vanity and basin.

PLUMBING CONNECTIONS: Pedestal lavatories usually hide drain and supply lines in the pedestal. You'll probably need to rework the plumbing.



ADJUSTABLE LAVATORY HAS ITS UPS AND DOWNS

The pedestal on Villeroy & Boch's LIFT bends like a knee to lower the basin from the standard 35½-inch height to 19 inches, making it more comfortable for children and wheelchair users. Pedestal, $945; basin, $190.



A EURO-STYLE STUDY IN SHADES OF ICY BLUE

Shaded blue glazing highlights the flowing lines of Eljer's Contoura pedestal lav. The Contoura collection also includes a toilet, bidet, and whirlpool tub, plus the wall accessories shown here. $754 for the basin and pedestal.



SAY IT WITH A WHISPER

American Standard's Whisper Patterns suite coordinates with tiles from American Olean in delicate shades of Sterling Silver (shown), Shell, and Heather. The collection also includes a matching toilet and bidet. The pedestal with basin costs $668.



WHAT COMES IN BLACK, WHITE, AND RED ALL OVER?

Washmobil T from Hastings Tile has a techy look that's definitely different. Made of steel coated with black, white, or red epoxy, it stands on four legs or hangs from the wall. The one-piece unit costs $1,530.



VICTORIAN ELEGANCE IN SCULPTED PORCELAIN

Looking for the pièce de résistance for a traditional bathroom scheme? This lavatory, from Sherle Wagner, tops a graceful fluted pedestal with a shell-like basin that has plenty of space to set down accessories. $1,550.

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SKIPPED LUNCHES. MISSED DINNERS. LOST WEEKENDS. IT'S THE MERRY-GO-ROUND THAT'S COMMONLY KNOWN AS THE WORKADAY WORLD.

WHERE IT STOPS NOBODY KNOWS. BUT AN NCL CARIBBEAN CRUISE IS WHERE YOU GET OFF.

AS THE EARTH RECEDES IN THE DISTANCE, YOU CAN ALMOST FEEL YOUR CARES AND TENSIONS DISAPPEARING WITH IT. AND YOU SOON DISCOVER THAT, IN OUR WORLD, YOUR DAYS REVOLVE AROUND AN ENTIRELY DIFFERENT ROUTINE.

HERE, THE TOUGHEST DECISION OF THE MORNING IS WHETHER TO ORDER EGGS BENEDICT OR THE SMOKED SALMON. HERE, THE AFTERNOON'S ONLY FACE-TO-FACE NEGOTIATION IS WITH A GREEN ANGELFISH SWIMMING ALONG A CORAL REEF.



AN'T STOP THE
R A WEEK OR SO,
GET OFF.

IT'S A WORLD WHERE THE PRIMARY COLORS AREN'T SHADES OF GREY. BUT WHERE PASTEL HOUSES PEPPER LUSH, GREEN HILLSIDES AND WHITE BOATS BOB LAZILY IN AQUAMARINE LAGOONS.

AND, PERHAPS BEST OF ALL, GUIDING YOU THROUGH THIS WORLD ARE THE SIX SHIPS OF NCL. SHIPS OF UNPARALLELED ENTERTAINMENT, SUPERB DINING, AND SERVICE THAT'S EVERY BIT AS CRISP AS THE LINEN ON THE TABLES.

SO CALL YOUR TRAVEL AGENT TODAY AND ASK ABOUT AN NCL CRUISE. YOU'LL BE SURPRISED HOW DIFFERENT THINGS LOOK ONCE YOU STOP GOING AROUND IN CIRCLES.

NORWEGIAN CARIBBEAN LINES®

SEAWARD, SOUTHWARD, STARWARD, SKYWARD, SUNWARD II.
THE NORWAY SHIPS' REGISTRY BAHAMAS



NIFTY '50s STYLE

POSTWAR FURNISHINGS LOOKING GOOD TODAY

By Michael Walsh



FRED CHARLES

WAITING ROOM FURNITURE from the '50s lends flashy colors and snappy style to this city home.

FURNISHINGS FROM THE NOT-TOO-DISTANT PAST LOOK FAMILIAR YET SURPRISINGLY FRESH IN TODAY'S INTERIORS. HERE ARE THE ELEMENTS ART DIRECTOR RICH MICHELS USES TO GIVE HIS HOME '50s FLAIR.

SNAPPY SEATING

When shopping for '50s furniture, there's no need to limit yourself to conventional furniture—some of the best designs were never intended for home use. These chrome-framed armchairs and sofa were practically standard in beauty parlors and dentists' offices during the Eisenhower era. Back then, they would have been upholstered in forest green, burgundy, or black "leatherette." This seating group has a brighter outlook with new dressings fashioned from two kinds of inexpensive vinyl fabric once popular in '50s-era diners.

COLLECTING TIPS

- **Be price wise.** With the exception of a few famous-name pieces, '50s-era "antiques" are plentiful and affordable (generally less than $100 for furniture; $25 for trinkets). But the current demand means inflated prices, so let the buyer beware.
- **Look in the right places.** In many cities, there are now shops that deal exclusively in postwar goods. For the best prices, however, scout local flea markets, estate sales, and auctions. Fifties collectibles are just beginning to emerge from basements, attics, and garages.
- **Buy only what you love.** Be careful not to get caught up in the excitement of a sale just because prices are low. Like every era, the postwar period produced both good and bad design. Pieces that were unappealing then haven't improved with age. Nostalgic but attractive period pieces, on the other hand, can live in harmony with your other furnishings.

ATOMIC AGE ACCESSORIES

The turquoise floor lamp, silhouetted against a folding screen constructed of painted pine 1×2s, is one of Rich's favorite '50s finds. The parchmentlike shade is made of fiberglass—considered a high-tech material a few decades ago. Fake-fur pillow and ottoman covers add to the bygone aura.

'50s FABRICATIONS

If you can't find the perfect period piece to suit your space, you can fake '50s flash. Under a sheet of glass, the shiny metal of this coffee table base links it to the '50s theme. In reality, it's of a recent vintage and is homemade of chain-link fence posts and components. Genuine postwar artifacts—a ceramic flamingo and a boomerang-shaped candy dish, two favorite '50s forms—help carry out the charade.

SIMPLY BEAUTIFUL

Now, the ultimate bathroom sealant system, uniquely packaged to perform at your touch. Remarkably convenient. Incredibly easy. Simply elegant, enduring results. For that special touch...only One Touch.™ For the store nearest you, call The GE Answer Center® service, toll free, at 800.626.2000.

SILICONE II





BEAUTIFULLY SIMPLE



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™ Trademark of General Electric Company.












Ford

Aerostar... America's new best-seller.*

Ford Aerostar. It does so much so well that more buyers choose it than any other mini-van.

The Age of Aerostar is an age of versatility. It's a vehicle so versatile it helps your busy day run a little smoother. And it looks good anywhere you take it.

Aerodynamic good looks.

The Aerostar's shape distinguishes it from anything else on the road. It's designed with the modern, aerodynamic look approved by today's informed buyers.

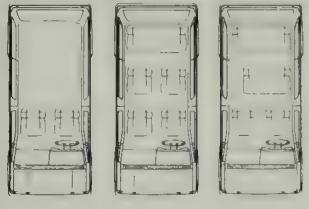
Handling... it will surprise you.

The Aerostar was also designed with a tight turning radius for maneuvering ease that most compact cars would envy. Its trim size means that it will fit in tight parking spaces (as well as your own garage). Most importantly it handles like a car, so you feel comfortable driving it anywhere.



Rearrange the seating.

The Aerostar has several seating arrangements for you to choose from.



It will seat from 5 to 7** people in roomy comfort. Rear bench seats slide out for a big cargo area. And with its new seat-bed option, Aerostar even converts to a sleeper!**

Everyday use... a little easier.

Although the doors are large, they aren't cumbersome. Their size offers easy access to the baby's carseat or the groceries without your having to stretch or twist into uncomfortable positions.

Comfort and convenience inside.

You can gracefully get in and out of the Aerostar, even in a skirt. Once inside, you sit tall for a commanding view of traffic outside, and the kids inside. All the controls are at your arm's reach–freeing your concentration for the road ahead. Ford has also included rear headphone jacks and controls with any optional AM/FM radio.

Power... it's a given.

Ford has now given Aerostar its powerful 3.0L V-6 engine as standard equipment! That's enough power to tow up to 4900 lbs.** of boat, trailer or anything else.

New Ford 6-Year/60,000-Mile Powertrain Warranty.

Ford now covers all new 1987 cars and light trucks with a 6-year/60,000-mile, whichever comes first, warranty on major powertrain components. Restrictions and deductible apply. See your Ford Dealer for a copy of this limited warranty.

Buckle up– together we can save lives.

*Based on manufacturer's reported model year retail deliveries through January 31, 1987.

**Seats seven with optional rear bench seat. Towing rating is reduced by passenger and cargo weight in towing vehicle. Seat-bed optional on XL only.

Ford Aerostar vs. Dodge Caravan

	AEROSTAR	CARAVAN
Standard engine	**V-6**	Four Cyl.
Multiport fuel injection	**YES**	NO
Bigger standard cargo space (cu. ft.)	**139**	125
Extra driver legroom	**41.4 in.**	38.3 in.
Max. opt. trailer towing capacity	**4900 lbs.**	2750 lbs.
Longer standard wheelbase	**119 in.**	112 in.



GALA GIFTS AND TABLEWARE

ACCESSORIES FOR SPECIAL OCCASIONS

By Jim Williams

Mark an anniversary, birthday, or any special occasion with a gala celebration right in your own home!

There's something exciting about taking your best crystal off the shelf, polishing up the silver, and then turning your everyday surroundings into a party place.

The sterling silver serving pieces, stemware, and crystal accents that add beauty to your table setting would also make ideal gifts for family members or friends.

Add accessories of fresh cut flowers, crisp linens, and lace, and you're ready for the festivities to begin.

Here's an array of *objets de festivité* perfect for any party or gift occasion.



Pastel flowers on dishes and cake decorate the dessert table.

BUYING INFORMATION

J.G. Durand, P.O. Box 786, Millville, NJ 08332
Fostoria, 1200 First St., Moundsville, WV 26041
Gorham, P.O. Box 6150, Providence, RI 02940
Hutschenreuther, 41 Madison Ave., New York, NY 10010
Kirk Stieff, 800 Wyman Park Dr., Baltimore, MD 21211
Kosta Boda, 225 Fifth Ave., New York, NY 10010
Lenox China and Crystal, 100 Lenox Dr., Lawrenceville, NJ 08648
Lunt Silversmiths, 41 Madison Ave., New York, NY 10010
Oneida silversmiths, Oneida, NY 13421
Reed & Barton, 144 W. Britannia St., Taunton, MA 02780
Wedgwood, 41 Madison Ave., New York, NY 10010

"Sandhurst" coffee and tea service and dessert plates by Noritake. "Althea" pedestal cake plate and "La Scala" punch bowl and cups from Gorham. "Dresden Scroll" flatware and cake server from Lunt.



Create an elegant setting for an anniversary toast with sparkling silver and crystal.

Silver cooler from Reed & Barton. Crystal stemware, clockwise from center: "Monarch" by Wedgwood, "Monceaux" by J.G. Durand, and "Bellwether" by Fostoria. Water pitcher holding flowers, "Juan" by J.G. Durand; other, "Monticello" by Lenox. "Royal Provincial" 15-inch tray by Oneida; silver-plated "Shell and Scroll" frame by Gorham.



THOMAS HOOPER

A sampling of gift items, from crystal vases to silver frames, perfect for almost every occasion. BH&G

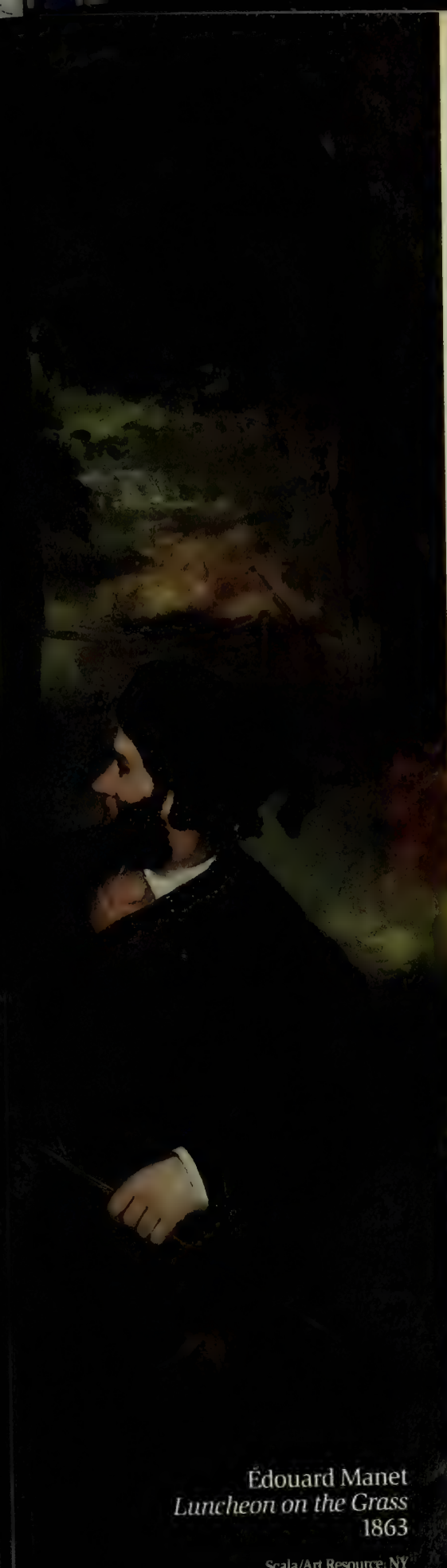
"Bel Air" silver-plated compote, Reed & Barton; "Samantha" Leonard vase, Hutschenreuther; "Repousse" berry bowl, Kirk Stieff; "Cartouche" and "Shell and Scroll" silver-plated frames, Gorham; "Cascade" vase, Kosta Boda; "Ming" vase, Oneida.



THE BAILEYS FIZZ. BAILEYS AND CLUB SODA.

To send a gift of Baileys anywhere in the U.S., call 1-800-238-4373 or 1-800-243-3787. Void where prohibited.
Baileys Original Irish Cream Liqueur® Imported by The Paddington Corp., Fort Lee, N.J. 17% alc. by vol. ©1987





Édouard Manet
Luncheon on the Grass
1863

Scala/Art Resource, NY

Before Savory Classics, people went to extremes to make meals interesting.

What do you have to do to make a meal a little special?

Probably not as much as you think.

With new Rice-A-Roni® Savory Classics™ rice dishes, like Broccoli au Gratin, you can make an exceptionally creamy blend of long grain rice and garden broccoli in a sauce of rich cheddar and parmesan cheeses. In only 10 minutes.



Savory Classics also makes very interesting Garden Pilaf, Chicken Florentine and Zesty Cheddar side dishes.

Serve one tonight. See if they notice.

EXOTIC ADVENTURES
FOR THE ENTIRE FAMILY

OUTFITTERS NOW OFFER TRIPS TO FARAWAY LANDS THAT ARE SAFE AND FUN FOR ADULTS AND KIDS ALIKE.

EXPLORING TOGETHER

Imagine your children hiking in the shadows of the Himalayas or exploring the Inca ruins in Peru. A number of outfitters now sponsor family outings to places traditionally visited by only the most adventuresome adults. But, with proper precautions, trekking in remote areas of the world can be as safe for kids as a week at a ski resort.

Scheduled to coincide with school vacations, these family adventures not only offer unparalleled educational experiences, they help kids learn to deal with strange environments. Outfitters plan their family events differently from those they run for adults only, with fewer and more varied activities and special foods.

Many trip leaders bring their own children, and some trips even offer extra porters to carry kids who are too little or too tired to walk. Playtime with local children is not only encouraged, it's often specifically planned.

SAFETY ABROAD

Part of the experience involves teaching children basic health precautions while in a foreign land—not to drink tap water and not to eat unauthorized food. With only a few caveats, though, kids are as able as adults to experience the wonder of seeing the sun set over Mount Everest or the joy of watching a herd of wild giraffes.

FIND OUT MORE

Check into these family adventure outfitters. Before joining a trip, talk with a family who has taken it. Prices start at $1,700 per person.

- **JOURNEYS INTERNATIONAL,** ***4011 Jackson Road, Dept. BHG, Ann Arbor, MI 48103 (800/ALL-TREK).*** Africa, Nepal, Peru, Tibet.
- **WILDERNESS TRAVEL,** ***801 Allston Way, Dept. BHG, Berkeley, CA 94710 (800/247-6700, in California call 415/548-0420).*** Galapagos, India, Nepal, Peru.
- **SPECIAL EXPEDITIONS,** ***720 Fifth Ave., Suite 605, Dept. BHG, New York, NY 10019 (800/762-0003).*** Africa. BH&G

Write now for free brochure: New Zealand Tourist & Publicity Office, 10960 Wilshire Blvd., Suite 1530, Dept. BHG8, L.A., CA 90



OUR EDITORS BUILD A SUN-ROOM

YOU CAN TOO!



PIECE BY PIECE
Equipped with final blueprints, our amateur construction crew plans its strategy. The objective: raise a room in two days!

TODAY'S SUN-ROOMS COME IN A KIT. OUR BUILDING EDITORS CHOSE ONE THEY LIKED AND POOLED THEIR LABOR TO PUT IT TOGETHER. YOU CAN TOO!

By Gregory D. Cook

One week and counting. Our robust crew psychs up to build a sun-room. The contractor finishes preparing the slab and a delivery truck arrives with the pieces. Zero hour: turn the page to see us go!

Sun-room buying information, see page 123.



PERRY STRUSE

THE FINISHED ROOM
8 by 20 feet of sunny living

SUN-ROOM IN A BOX!
Our kit, from Lindal Cedar Sunrooms, came complete with:

- Precut, predrilled cedar components
- Low-emissivity glass panels
- Casement window and glass door
- Heat seal tape and caulking
- Adhesive-backed glazing tape
- Ventilation fan
- Sun shade

We subcontracted the preparation of the slab and the installation of the ceramic tile floor.

continued

OUR EDITORS BUILD A SUN-ROOM YOU CAN TOO!

It took us a day to raise the framework and a day to set the glass, enclosing the new sun-room.



1 SQUARING BASE TO HOUSE

Starting off square and level is crucial. To accommodate the slope of our existing slab, we taper cut the 4×4 subsills to level the base. Then, we square the corners of the sun-room.

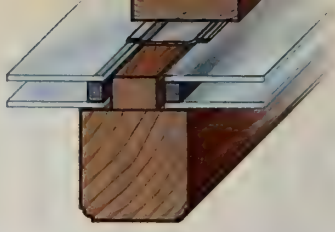


2 BOLTING SUBSILL TO SLAB

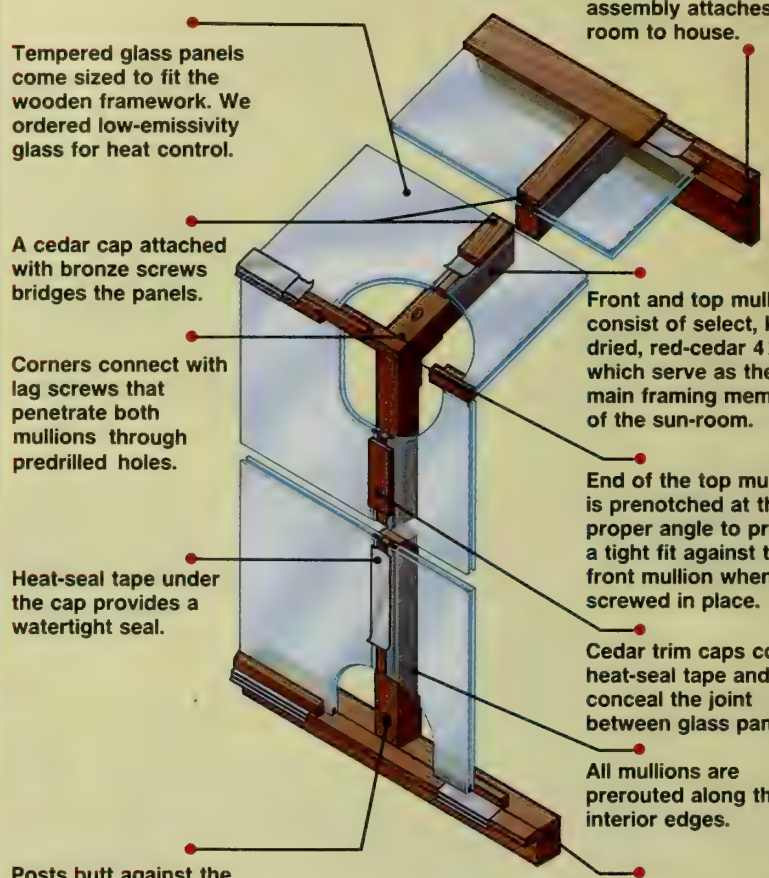
The contractor set threaded anchor bolts in the wet cement when preparing the slab. We drill holes in the subsills, and snug down a nut and washer with a rachet wrench.

THE ANATOMY OF A SUN-ROOM

The kit provides a post-and-beam framework that cradles sheets of insulating glass. Other types of sun-rooms use curved metal or wooden arches for the structural members.



OVERHEAD SEAL

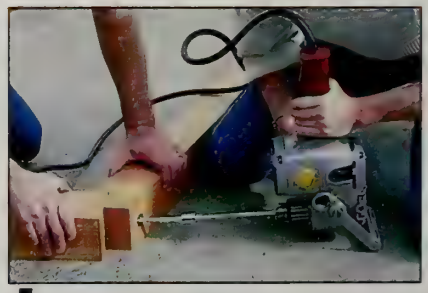


GREG ROBERTS/LINDAL CEDAR SUNROOMS



3 NAILING SILL TO SUBSILL

Once the subsills are in place, we nail the 2×6 sill board on top. The bevel cut is positioned outward to allow water to drain away. With the sills in place, the two-piece base is complete.



4 ASSEMBLING MULLIONS

Using a rented variable-speed drill, a team of two turns in the 6-inch-long, ⅜-inch lag screws. When raised upright, the mullions will shape a framework for the glass panels.



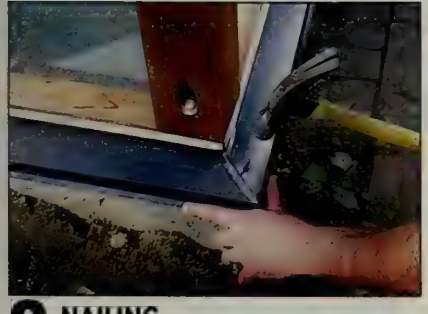
5 RAISING END WALL

Having screwed the framework together on the ground, two of us tilt the mullions into place on the sill. Meanwhile, other crew members firm up the framing around what will be the door.



7 PLACING FRAMEWORK

We get a system going! One after the other, we bring over the preassembled mullion sections, tilt them up, and screw them in place. Exact placement is critical—the glass won't bend!



8 NAILING METAL FLASHING

An aluminum cap fits over the exterior of the sill all around the base. We carefully cut the flashing with tin snips and seal the corner with caulk.



6 INSTALLING LEDGER BOARD

It takes four of us to heft the ledger board—a 20-foot-long 2×10—into position and bolt it to the house. The ledger provides support for the top ends of the mullions—literally holding up the sun-room.



9 FITTING BUMPERS FOR GLASS

Steady as a rock, this trusting pair works as a team to attach rubber bumpers to cushion the glass. Note that we've nailed 1×2 partitions on the 4×4s to form bays.



10 TAPING GLASS BAYS

We stretch adhesive-backed glazing tape in each bay to cushion the glass and provide a water- and airtight seal.

continued

OUR EDITORS BUILD A SUN-ROOM



11 EASING UP ROOF PANELS

Handling the glass with *extreme* care, the crew raises the panels into position. We concentrate on keeping the heavy pieces from bowing as we heft them up. Resting the panels on the top mullions, we spray water onto the glazing tape for lubrication. Even so, the panels are almost impossible to reposition once set. We all agree—you may want a professional to set and seal the glass.



LENDING A HAND

CONTROLLING THE TEMPERATURE IN A SUN-ROOM

THE HOT BOX

Let's face it: when you build a house of glass and face it south, you're creating a solar machine. On sunny days, the heat will drive you out unless you control it. Here's what you can do.

CREATE CROSS-VENTILATION

We installed a casement window in one end wall and a door in the other to provide a free flow of air between the openings. You can install awning windows for further ventilation.

INSTALL A VENT FAN

We specified a thermostatically controlled vent fan to power the air through our sun-room. The triangular glass above the doorway came precut to accept the fan. An electrician made the hookup.



POWER VENTILATE



SHADE THE SUN

MOUNT A SUNSHADE

Prevent excessive solar gain with a shade. Our shade eliminates up to 65 percent of the light penetration when roiled down.

SPECIFY LOW-E GLASS

In the summer, low-emissivity glass cuts down on the penetration of radiant heat from the sun. Come winter, low-E glass helps keep indoor radiant heat from escaping.



12 TILTING IN FRONT PANELS

After setting the roof panels, positioning the window walls seems easy. We watch to see that the base rests solidly on the bumpers atop the sill. Once raised, we nail temporary 1×2 braces across the windows to hold them in place until we install the final trim.



13 IRONING HEAT TAPE

Using a secondhand iron we bought just for this use, we apply heat to the foil-faced, butyl-backed tape. Ironing the tape causes the butyl to adhere to the glass, ensuring a good seal.



14 ATTACHING FINISH TRIM

Finally, we begin to trim out the sun-room, starting under the eave. The trim hides the heat-seal tape and bridges the gap between adjacent panes of glass.

WE DID IT!
YOU CAN TOO!

Building a sun-room is hard work, but also fun. Models are available in various sizes, and you can alter an existing slab to fit your addition.



WHAT IT COST

- For the slab. To have a contractor cut the existing slab and pour new footings cost us $1,300. You could pour a new slab for under $2,000.
- For the kit. The basic sun-room package plus low-E glass, fan, and sunshade cost $12,400 delivered.
- For the extras. Ceramic tile flooring, professional installation, and electrical work added $1,300.



PHOTOGRAPH: NICK MERRICK, HEDRICH-BLESSING. DESIGN: CHRISTINE BAKALAR

SMALL-SPACE TACTICS

By Denise L. Caringer and Robert E. Dittmer

Small spaces become great places when you use any or all of these time-tested tactics:

KEEP IT LIGHT

Whether the effect you want is crisply modern or softly nostalgic, lots of white will expand any room's boundaries.

USE SPACE CREATIVELY

Turn a nook into an office or an alcove into a den.

PARE FURNISHINGS

Less stuff means more breathing room. The decorating trick: use knockout furniture pieces for design drama.

SLICE-OF-SPACE SITTING SPOT

Snug a settee into a forgotten niche

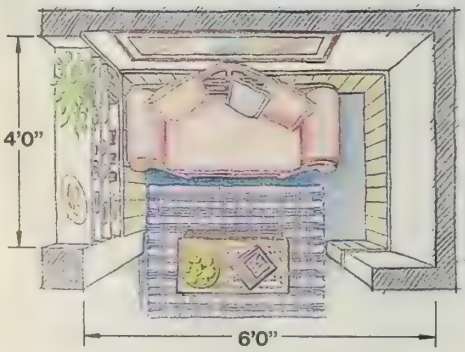


ILLUSTRATION: CARSON ODE

TACTICS

NOT TOO BIG AND NOT TOO SMALL, THIS GETAWAY IS JUST RIGHT FOR RELAXING. HERE'S HOW IT WORKS:

- **A SLIM PINE SETTEE** provides inviting, high-style seating.
- **A RAG RUG** defines and enlarges the area by extending beyond the nook's bounds.
- **AN OLD TRUNK** acts as a low "wall" that sets the area apart from the adjacent walkway.
- **BIG ARTWORK** spans the niche, adding strength and an illusion of width to the setting.
- **OPEN SHELVES** replace a former wall to admit space-expanding views of the kitchen beyond.

BUYING INFORMATION, PAGE 123.

A SMALL WALK-THROUGH TV ROOM

Vintage furnishings lend grandeur to a humble space

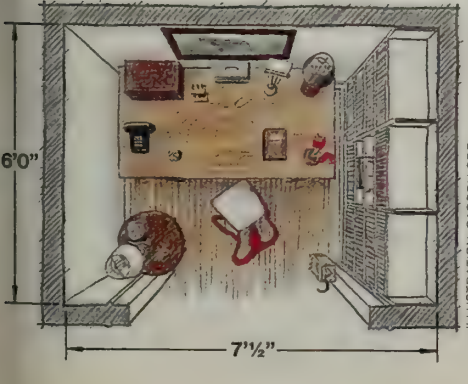


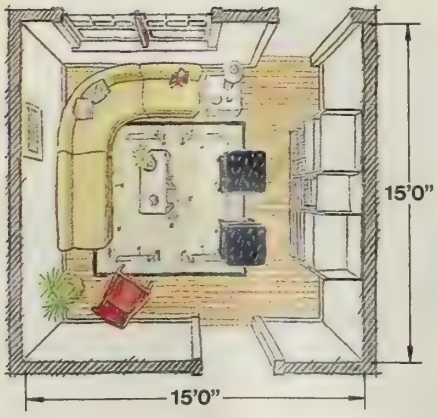
ILLUSTRATION: CARSON ODE

TACTICS

TUCKED BENEATH A STAIRWAY LANDING, THIS ONCE-AWKWARD CRANNY IS A FUNCTIONAL AND DECORATIVE BONUS.

- **A WALNUT TABLE** from the 1800s establishes the vintage atmosphere that the owners wanted without adding the room-shrinking bulk of an ordinary desk.
- **A BARE WOOD FLOOR,** instead of a heavy rug or carpet, also keeps things light.
- **SOFT GRAY PAINT** grants library-style intimacy; the white trim and bookcase provide airy contrast.
- **FLOOR-TO-CEILING SHELVES** offer generous storage in only inches of floor space.

Slick surfaces and clean-lined furnishings create the look



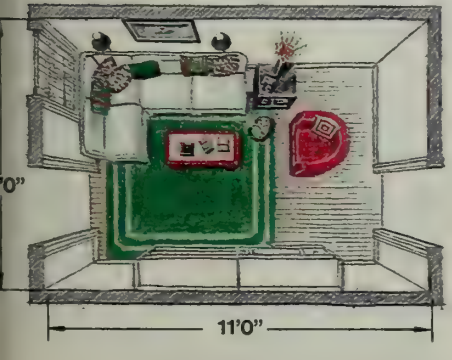
TACTICS

IN A HOME WITH NO FAMILY ROOM, THIS SPACE HAS TO LIVE BIG! IT SUCCEEDS, BECAUSE:

- **EFFICIENT MODULARS** and double-duty ottomans seat a crowd without gobbling up room.
- **A CLEAR COFFEE TABLE** and a minimum of accessories keep the flow of space going.
- **FREESTANDING BOOKCASES** turn potential clutter into a focal point. Drawers hide the less decorative necessities of life, and a drop-lid work area eliminates the need for a space-eating desk.
- **UNADORNED WALLS,** ceiling, and mini-blinds create a virtually unbroken sweep of light-reflecting white surfaces.

A SMALL WALK-THROUGH TV ROOM

Cushy seating and deep color invite lingering



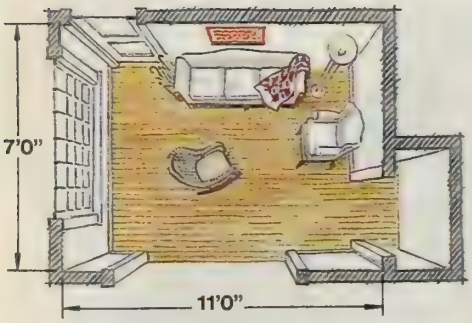
TACTICS

CASUAL AND ANYTHING BUT FUSSY, THIS FAMILY ROOM PROVES THE COZY VALUE OF SMALL SPACES.

- **WALL-MOUNTED LAMPS** need no bulky lamp tables.
- **A ROMAN SHADE,** instead of billowy curtains or draperies, takes virtually no space.
- **THE SHELF UNIT** carries the eye upward and is suspended above the floor for an expansive look.
- **DEEP-GREEN ACCENTS** lend snug charm; splashes of white keep the darkness in check.
- **THE FURNITURE ARRANGEMENT** accommodates the traffic path through the room.

EXTRA SEATING IN AN ENTRYWAY

Pared-down furnishings foster an open feeling

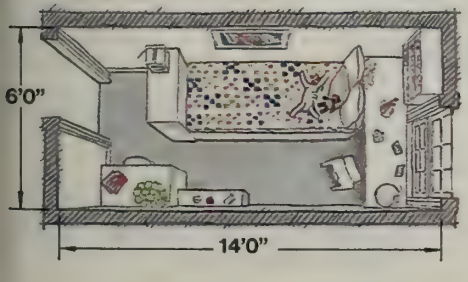


TACTICS

WHEN LIVING NEEDS EXCEED SQUARE FOOTAGE, INNOVATE! USE OLD SPACES IN NEW WAYS.

- **STRONG FURNITURE SHAPES** make up for limited space by creating eye-catching impact.
- **HEIGHT AND DRAMA** come from a sculptural torchère that's balanced by nearby artwork. Limiting other accessories to a quilt and a gathering of aging umbrellas frees up important "visual space."
- **A GLOSSY FLOOR,** unencumbered by a busy rug, also enhances space and reflects light.
- **A WASH OF LIGHT** from a torchère and a track "pushes" the ceiling up and the walls out.

Shipboard-style efficiency transforms a "shoebox"



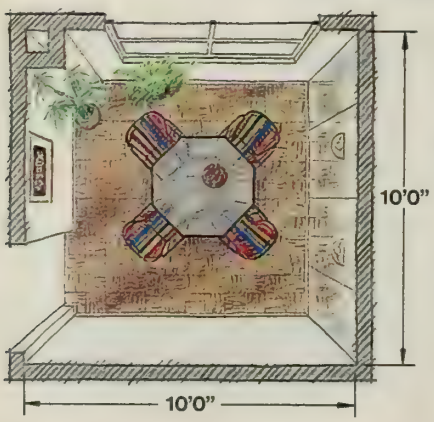
TACTICS

A CLEVER FURNITURE ARRANGEMENT, TOUGH FORMICA SURFACES (AND A FEW TRICKS!) CREATE AN AIRY RETREAT.

- **WALL-HUNG ACCENTS** save space and emphasize height. The open-shelf unit stows books and toys; flex-arm architect's lamps produce functional (and "space-making") beams of light.
- **FOOT-OF-BED CHESTS** replace a bulky dresser but add only inches to the bed's length.
- **A PLATFORM BED** not only looks sleek but has an ample drawer to stow more clothing and toys.
- **A FLOATING SHELF** spans the end of the room, creating a slim headboard and work surface.

DINING IN AN ENTRYWAY

Mirror panels amplify space and light



TACTICS

SMALL? YES. CRAMPED? NO! CARVED OUT OF A SPARE BEDROOM, THIS NEW DINING ROOM FEELS WONDERFULLY SPACIOUS.

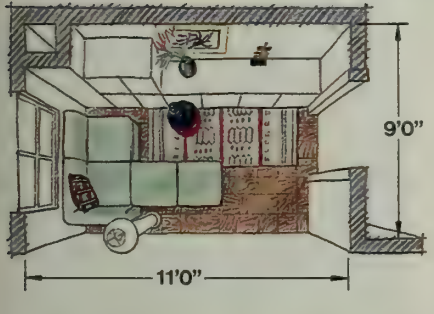
- **A WALL OF MIRROR** doubles the room's size, even creating a second set of "windows."
- **UPHOLSTERED CHAIRS,** instead of the slim side chairs normally found in tight quarters, lend a welcome feeling of "generosity" to the small dining spot.
- **A CLEAR TABLETOP** reflects light and seems to take up less room than an opaque one.
- **VERTICAL BLINDS** foster the openness by bouncing more light into the room.



PHOTOGRAPH: BARBARA MARTIN. DESIGN: STEVEN MORTIMORE. FIELD EDITOR: MARY ANNE THOMSON

A FAMILY ROOM IN A DINING L

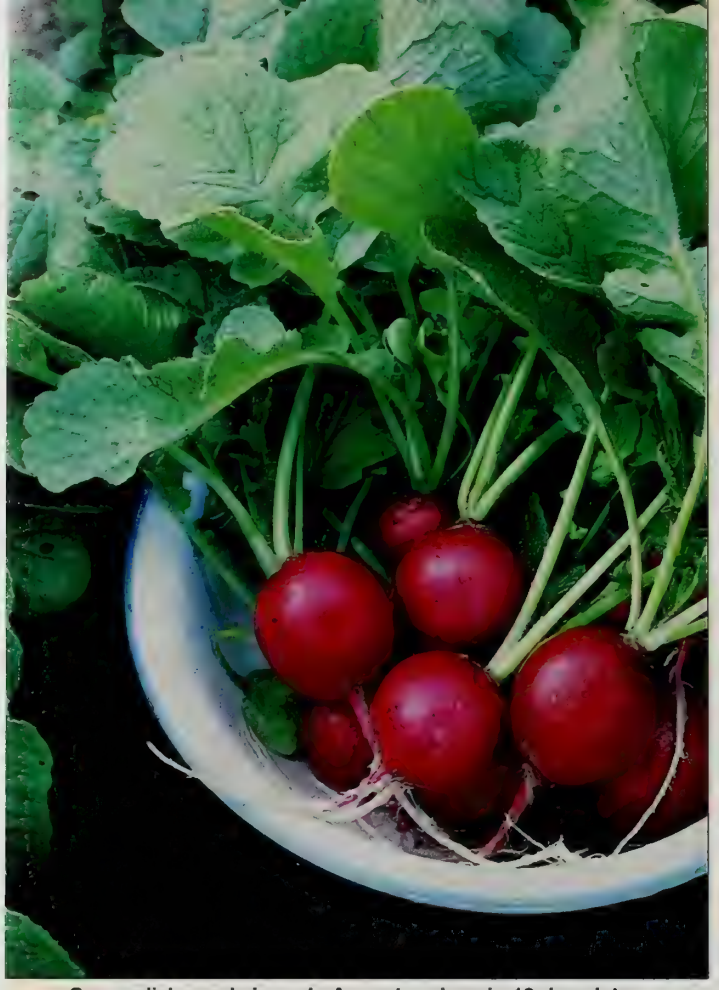
Sleek storage and room-dividing seating make it work



TACTICS

HAVE AN L-SHAPED LIVING AND DINING ROOM? USE THE L FOR SEATING TO CREATE A GRANDER FLOW OF LIVING SPACE.

- **MODULAR SEATING PIECES** help "wall off" the spot, yet fit snugly under the low windows.
- **AN AREA RUG** defines and cozies up the pocket-size space.
- **A SCULPTURAL FLOOR LAMP** triples as an artful accent, a reading light, and a subtle room divider.
- **WALL-TO-WALL STORAGE** "widens" space, blends into the background, and holds today's requisite entertainment gear.
- **SLIM WINDOW BLINDS** adjust to keep glare from the TV screen.



Sow radish seeds in early August and again 10 days later. Red Boy radish is our favorite.

FALL GARDENING

HOW TO GROW A SECOND HARVEST OF VEGETABLES

By Douglas A. Jimerson

This autumn turn your garden into a vegetable factory. To show you how rewarding a fall garden can be, we planted a small plot of soil with 18 different crops and followed its progress from early August till late October.



We started our garden on August 1; and, by the 10th of the month, the crops were up and growing.

PHOTOGRAPHS AND GARDEN DESIGN: PETER KRUMHARDT

AUGUST 1

● WORK THE SOIL BEFORE PLANTING

Good soil preparation is the key to a successful fall garden. To get our garden's soil in shape we first cleared away the produce left from our spring salad garden. Only the Brussels sprouts and parsley plants were allowed to remain. Then, we covered the plot with a 2-inch-thick layer of peat moss and aged horse manure and turned these materials under with a spading fork. (If you don't live near a farm or stable, you can buy bags of dehydrated manure at your nursery or garden center.) After spading, we raked the garden, sowed our seeds, and gave the plot a good soaking.



Lightweight garden blankets protect crops from weather extremes.

TIPS FOR AUGUST

● ***IMPROVE GERMINATION*** of cool-weather crops like lettuce, spinach, and peas by covering the seedbeds with moist burlap or a garden blanket after you sow the seeds. Remove the burlap when the seeds sprout. Garden blankets are opaque and can be left in place—the crops will grow underneath. The blankets are available at nurseries.

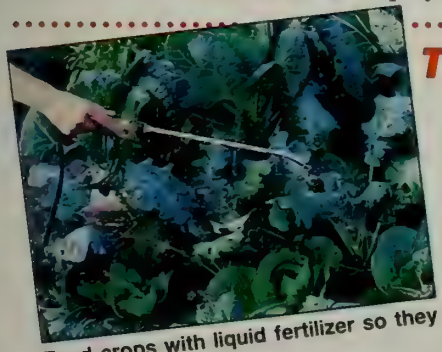
● ***MULCHING*** is the best way to keep your garden soil cool and moist. When your vegetables are several inches high, surround them with a layer of compost, straw, shredded bark, newspapers, or grass clippings.

● ***WATER*** is especially important in late summer. Give your garden a thorough soaking every day.

tained 18 kinds of vegetables.

●WATER AND FEED YOUR CROPS

In northern gardens it's important to keep your vegetables in top shape, if you want them to reach harvestable size before frost hits. To promote vigorous growth in our garden, we gave the crops a nightly soaking with the garden hose whenever rain was scarce. We also sprayed our crops with a foliar fertilizer once a week. Any insect pests or weeds that tried to invade the garden were removed by hand. When the peas were several inches high, we added a low wire support for them to climb on. This made harvesting easier and prevented the peas from sprawling over neighboring crops.



Feed crops with liquid fertilizer so they mature before frost.

TIPS FOR SEPTEMBER

● ***SPRAY OR DUST*** crops of cabbage, cauliflower, broccoli, kohlrabi, collards, and Brussels sprouts with *Bacillus thuringiensis* (BT) to protect them from the destructive cabbage looper caterpillar. If left unchecked, these voracious green worms can defoliate an entire plant in just a few days. BT is a natural pesticide that's harmless to humans and pets. Reapply every week to 10 days. In our garden we clustered all these crops to make pest control easier.

● ***WATCH OUT FOR WEEDS.*** Although they're generally not a big problem in fall gardens, you should pull any latecomers. Wild grasses, in particular, will try to get a foothold in the fall.

OCTOBER 1

ready to harvest.

HARVEST CROPS BEFORE FROST

By the first week of October the crops that take a little longer to mature, like cabbage, pak-choi, peas, broccoli, Brussels sprouts, and Chinese cabbage, were in peak condition and ready to enjoy. Because frosts in central Iowa can occur at any time in early October, we tried to use the vegetables before the middle of the month. Most fall crops will survive a light frost, however, and some, like Brussels sprouts and kale, seem to thrive on it. On October 20 a hard freeze put an end to most of our gardening activities. We then pulled up the remaining vegetation and added it to our compost pile.



Chinese cabbage, pak-choi, and peas mature at the same time.

TIPS FOR OCTOBER

- ***START HARVESTING*** crops of peas and oriental vegetables early in the month. Use a sharp knife to cut the oriental vegetables off at soil level. If you pull the plants out of the ground, you may disturb neighboring crops. Pick peas when they're young and tender. We had excellent results with Nagoda Chinese cabbage, Prize Choy pak-choi, and Sugar Ann peas.
- ***CUT AND DRY*** stalks of parsley for winter use. If your parsley plants are small enough, you may even want to try potting one and growing it indoors on a sunny windowsill or under grow lights during the winter.
- ***LIGHT FROST*** improves the flavor of Brussels sprouts and kale. Harvest after frost, but before a hard freeze.

N DESIGN: PETER KRUMHARDT



Choose fast-growing crops like Rapid kohlrabi for your fall garden.

GARDEN PLAN

PLAN BEFORE YOU PLANT

Lettuce, spinach, beans, Chinese cabbage, pak-choi, Brussels sprouts, kale, broccoli, cauliflower, radish, Swiss chard, peas, kohlrabi, collards, mustard, carrot, beet, turnip, and rutabaga can all be grown in fall gardens. Plant two to three months before the first expected frost in your area. If the weather is very hot, you may want to start some of your plants indoors and move them outdoors when the weather is more favorable. Always plan your garden on paper before you plant. Use our plan (*above*) as a guide to get your fall vegetable garden off to a good start.

Buying information, see page 123.

Illustration: Roger Leyonmark



STUFFED FLOUNDER FLORENTINE

TIP: To defrost frozen fish, put fillets in the dish. Micro-cook, covered, on 30% power (medium-low) 6 to 8 minutes or till pliable, but still icy. Turn fish over after 3 minutes cooking. Let stand 10 minutes.

FAST FAMILY FAVORITES

MICROWAVE

ONE-DISH MEALS

OUT OF THE OVEN IN 15 MINUTES OR LESS!

By Barbara Greenwood

STUFFED FLOUNDER FLORENTINE

- 4 fresh *or* individually frozen sole *or* flounder fillets
- 1 10-ounce package frozen chopped spinach, thawed and well drained
- 1½ cups garlic croutons, coarsely crushed
- 1 7-ounce can whole kernel corn with sweet peppers, well drained
- 1 beaten egg
- ⅓ cup chicken broth
- 1 large tomato, cut into thin wedges
- ½ of a 12-ounce jar (⅔ cup) chicken gravy
- 1 tablespoon lemon juice

Thaw fillets, if frozen (see tip, opposite). For stuffing, combine spinach, croutons, and corn. Add egg and broth; toss to mix well.

Lay the fillets in a single layer in a 12x7½x2-inch microwave-safe baking dish. (They may hang over edge.) Season with *pepper*. Spoon a *fourth* of the stuffing over *half* of *each* fillet. Fold remaining fillet half over stuffing. Cover with vented microwave-safe plastic wrap. Micro-cook on 100% power (high) 4 minutes. Place tomato around edge of dish; cook, covered, on high 1 to 2 minutes or till fish flakes easily with fork. Let stand, covered, while preparing sauce.

In a 2-cup glass measure combine gravy and juice. Micro-cook, uncovered, on high 2 to 3 minutes or till heated through; stir once. Spoon over fish. Makes 4 servings.

Nutrition information per serving: 214 cal., 26 g pro., 15 g carbo., 6 g fat, 118 mg chol., 601 mg sodium, 4 g dietary fiber. U.S. RDA: 107% vit. A, 18% vit. C, 17% riboflavin, 16% niacin, 12% calcium, 18% iron, 29% phosphorus.



PHOTOGRAPHS: JIM HEDRICH. FOOD STYLIST: PAT GODSTEED

CORDON BLEU CASSEROLE

TIP: Make-ahead convenience! Layer and chill this dish one night; cook it the next.

- 1 10-ounce package frozen cut broccoli
- 4 slices rye *or* whole wheat bread
- 1 2½-ounce package thinly sliced smoked chicken
- 1 6-ounce package sliced fully cooked ham
- ¼ teaspoon onion powder
- 1 10¾-ounce can ready-to-eat chunky creamy mushroom soup
- ½ of a 6-ounce package shredded Swiss cheese

Rinse broccoli under water to thaw and separate; pat dry. Line bottom of 8x8x2-inch microwave-safe baking dish with bread. Top with chicken, ham, and broccoli. Stir onion powder into soup; pour over all. Sprinkle with cheese. Cover; chill overnight, if desired.

To cook, cover dish with vented microwave-safe plastic wrap. Micro-cook on 50% power (medium) 13 to 15 minutes for unchilled casserole (18 to 20 minutes for chilled casserole) or till heated through, giving dish a half-turn once. Makes 4 servings.

Nutrition information per serving: 277 cal., 24 g pro., 21 g carbo., 12 g fat, 48 mg chol., 1,229 mg sodium, 4 g dietary fiber. U.S. RDA: 27% vit. A, 40% vit. C, 30% thiamine, 18% riboflavin, 22% niacin, 27% calcium, 11% iron, 35% phosphorus.

Buying information, page 123.

SUMMER FOODS TO GO!

- EASY TO MAKE
- EASY TO TAKE
- EASY TO ENJOY

By Lynn Hoppe

POTLUCK FAVORITES

TAKE-ALONG SIDE DISHES FOR A FAMILY REUNION OR BLOCK PARTY



SPINACH-PASTA SALAD

▲ *Light and fresh—every potlucker will dig into this side salad. The simple chutney dressing adds the oomph!*

RAINBOW FRUIT BOWL

▼ *Like bees to honey, picnickers will swarm to this fresh-fruit bowl topped with a spicy peach sauce.*



KEEP POTLUCK FOODS IN TIP-TOP SHAPE

● Wrap a hot casserole in foil or a heavy towel and stow it in a plastic-foam container to keep it hot up to 3 hours. Or, inexpensive square or round foam containers often are sized just right for a 1- or 2-quart casserole. The casserole in its insulated container can go straight to the table for serving.

● Of course, pack cold food in an ice-filled cooler, and plan on eating it within 4 to 6 hours.

RECIPES ON PAGE 102.
Buying information, page 123.



HAWAIIAN BAKED BEANS

▲ *Dump, stir, and bake! Canned three-bean salad and pineapple provide the ultraeasy, ultragood, sweet-sour flavor.*

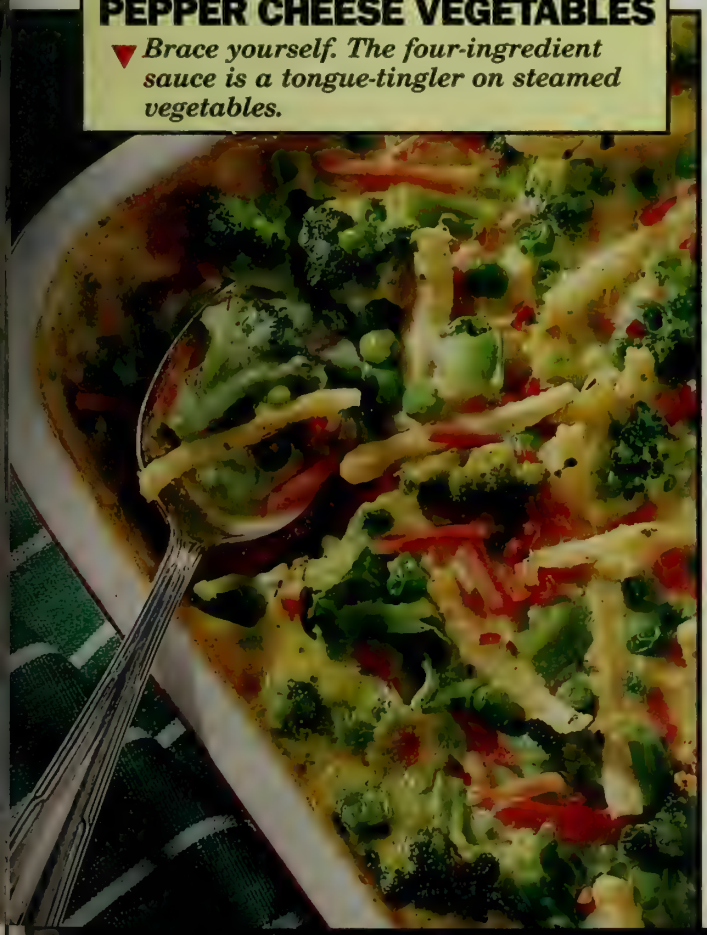


PARMESAN POTATO SALAD

▲ *Show up with this show-off potato salad with Parmesan, hazelnuts, artichokes, and green beans.*

PEPPER CHEESE VEGETABLES

▼ *Brace yourself. The four-ingredient sauce is a tongue-tingler on steamed vegetables.*



CARROT-COCONUT CAKE

▼ *Spruce up a cake-mix cake with this smear-resistant frosting—it stays on the cake, not on the lid!*



CASUAL PICNIC

A KID-PLEASIN' FEAST FOR A FAMILY OUTING



- **OUTSIDE-IN BURGERS**
  The condiments are tucked inside the patties.
- **WONTON CHIPS**
  Spicy, low-fat chips quick-bake in 10 minutes.
- **LEMON-FRESH WALDORF SALAD**
  A salad that's fun, good, and nutritious, too!
- **CHERRY-CHOCOLATE SMILES**
  A gooey filling between wedges of piecrust.
- **FRUIT JUICE**
  Pack plenty of your favorite thirst quencher.

PREPARE FOR AN AWAY-FROM-HOME GRILL-OUT

- The night before the picnic, shape and freeze burgers. The frozen burgers help keep the rest of the food chilled in the cooler.
- Cooler packing strategy: Pack a frozen ice pack first, then your salad. The frozen burgers go on top.
- Don't forget the grilling accessories: Grill, long-handled spatula, hot pad, charcoal, lighter fluid, matches.

RECIPES ON PAGE 106.
Buying information, page 123.

ELEGANT PICNIC

CLASSY AND SIMPLE FOOD FOR GROWN-UPS



- **SESAME CHICKEN AND RICE SALAD**
  A make-ahead main dish with oriental flair.
- **MELON-PROSCIUTTO KABOBS**
  Tailored for packing, serving, and eating.
- **HARD ROLL**
  Your bakery's contribution to the meal.
- **RASPBERRY-GLAZED POUND CAKE**
  Drench the cake with a luscious liqueur glaze.
- **CHENIN BLANC WINE**
  Chilled, of course.

PACK A PICNIC WITH FIRST-CLASS AMBIENCE

- Make your picnic special with sturdy, yet fancy dinnerware. Cushion it in your picnic basket with layers of paper towels between each plate. Acrylic stemware is a care-free addition. And because the picnic features bite-size food, just pack forks.
- Here's how to easily transport the cake: Remove the cake from the loaf pan; line the pan with foil. Slice cake and return to pan.

RECIPES ON PAGE 108.
Buying information, page 123.

ROADSIDE PICNIC

LIGHT FARE TO BREAK ON-THE-ROAD TEDIUM



- **TUNA-CUCUMBER SPREAD**
  Deli vegetable salad adds punch to tuna.
- **FRESH VEGGIES, FRUIT, CRACKERS**
  Pack up what's left for in-the-car munching.
- **SLICED FRENCH BREAD**
  Spread the tuna-cucumber topper on thick.
- **CARAMEL-BANANA CUPS**
  A chilled filling caps a cookie crust.
- **MINERAL WATER**
  A no-stain whistle-wetter that travels well.

CHOOSE FINGER FOODS FOR A HELP-YOURSELF MENU

- Tender, baby vegetables are great for munching. No need to cut them up; they're already nibble size.
- The hot sun does a number on food. When packing perishable foods such as the spread and pie cups, take just enough for one meal—no leftovers.
- Be prepared for cleanup. Take a large plastic bag for disposables.

RECIPES ON PAGE 108.
Buying information, page 123.

To order picnic basket, see page 117.

WITH RECIPES THIS SIMPLE TURKEY WILL NEVER BE THE SAME.



Turkey Steaks With Herb Butter



Turkey With Mushroom-Wine Sauce



Louis Rich

Turkey So Right.

ABOVE RECIPES ON BACK COVER

If you've ever spent hours cooking turkey, those days are over. By turning these pages, you'll discover lots of easy, exciting recipes for Louis Rich® Breast of Turkey. Recipes so deliciously varied, you can serve turkey often and it will never be quite the same.

Just remember the key ingredient—Louis Rich® Breast of Turkey. This naturally lean and juicy turkey breast is carved whole from the bird in its natural shape to ensure delicious taste. And because it's fully cooked, you can spend all your time tasting it instead of basting it.

Here are eight delicious recipes you can prepare in 20 minutes or less.

Turkey-Vegetable Medley

1 pound Louis Rich® Hickory Smoked Breast of Turkey
1 package (16 ounces) frozen vegetable blend (broccoli, cauliflower and carrots)
½ cup Italian salad dressing

Cut turkey into eight ¼-inch slices. Place turkey in large skillet, overlapping slices. Combine frozen vegetables and salad dressing in large bowl; place over turkey. Bring to a boil; turn down heat. Cover. Simmer 12 to 15 minutes or until vegetables are tender. Drain. Arrange turkey and vegetables on serving platter.

4 servings; 348 calories per serving.

Microwave: Cut turkey as above; overlap in shallow baking dish; set aside. Combine vegetables and dressing in 2-quart casserole. Cover. Microwave at HIGH 2 minutes. Place vegetables over turkey along outside edge. Cover with plastic wrap. Microwave at HIGH 10 to 12 minutes or until vegetables are tender, rotating dish halfway through heating time.

Recipe also tastes great with Oven Roasted Breast of Turkey.

Orange-Mustard Glazed Turkey

1 pound Louis Rich® Hickory Smoked Breast of Turkey
¼ cup orange marmalade
2 tablespoons Dijon mustard
1 tablespoon brown sugar

Cut turkey into four ½-inch slices. Make glaze by combining remaining ingredients in small bowl. Heat turkey over hot coals in covered grill, 8 to 10 minutes, turning once and brushing occasionally with glaze.

4 servings; 218 calories per serving.

Broiler: Prepare as above; place turkey on broiler pan. Broil 3 to 4 inches from heat source about 10 minutes, turning once and brushing occasionally with glaze.

Recipe also tastes great with Oven Roasted or Barbecued Breast of Turkey.


Turkey-Vegetable Medley
Orange-Mustard Glazed Turkey

Turkey With Tomato-Basil Mayonnaise

1 pound Louis Rich® Hickory Smoked Breast of Turkey
½ cup mayonnaise
½ cup milk
¼ teaspoon dried basil leaves, crushed
1 small tomato, chopped
1 green onion with top, chopped

Cut turkey into eight ¼-inch slices. Place turkey in large skillet, overlapping slices. Cover. Heat on medium 10 minutes. Meanwhile, make sauce by combining mayonnaise, milk and basil in saucepan. Cook on medium, stirring until mixture thickens and begins to boil. Stir in half of tomato and onion. Place turkey on serving platter. Pour sauce over turkey. Garnish with remaining tomato and onion.

4 servings; 283 calories per serving.

Microwave: Cut turkey as above; overlap in shallow baking dish. Cover with plastic wrap. Microwave at HIGH 5 to 7 minutes, rotating dish halfway through heating time. Let stand. Combine mayonnaise, milk and basil in 2-cup measure. Microwave at HIGH 2 to 3 minutes until mixture thickens and begins to boil, stirring twice. Stir in half of tomato and onion. Serve with garnish as above.

Recipe also tastes great with Oven Roasted or Barbecued Breast of Turkey.

Turkey With Almond Butter

1 pound Louis Rich® Oven Roasted Breast of Turkey
¼ cup flour
2 tablespoons sliced almonds
3 tablespoons butter, divided
2 tablespoons lemon juice
1 tablespoon water

Cut turkey into eight ¼-inch slices. Coat with flour; set aside. Lightly brown almonds in 1 tablespoon butter in large skillet; set aside. Melt another tablespoon of butter in skillet. Heat half of turkey 2 to 3 minutes on each side or until lightly browned. Place turkey on serving platter; cover to keep warm. Repeat with remaining butter and turkey. Combine lemon, water and almonds in skillet; heat briefly. Pour over turkey.

4 servings; 260 calories per serving.

Microwave: Cut turkey as above; overlap in shallow baking dish. (Do not need to coat with flour.) Cover with plastic wrap. Microwave at HIGH 5 to 7 minutes, rotating dish halfway through heating time. Melt butter in pie plate at HIGH 1 to 1½ minutes; add almonds. Microwave at HIGH 1½ to 2 minutes, or until lightly browned, stirring once. Add only 1 tablespoon lemon juice. Serve as above.


Turkey With
Tomato-Basil Mayonnaise
Turkey With
Almond Butter

Parmesan Turkey With Potatoes

1 pound Louis Rich® Barbecued Breast of Turkey
¼ cup melted butter
2 tablespoons grated Parmesan cheese
½ teaspoon dry mustard
⅛ teaspoon garlic powder
1 package (12 ounces) frozen shredded hash brown potatoes, thawed

Cut turkey into four ½-inch slices. Lightly score one side of turkey slices with sharp knife; set aside. Combine butter, Parmesan, mustard and garlic powder in large bowl; set aside 1 tablespoon butter mixture. Add potatoes to bowl and toss. Place potato mixture in 9 x 13-inch metal baking pan. Place pan and turkey slices on shallow baking sheet. Broil 5 minutes 3 inches from heat source. Turn turkey over; brush with reserved butter mixture. Stir potatoes. Broil both 5 to 6 minutes more until golden brown.

4 servings; 452 calories per serving.

Microwave: Cut turkey as above; set aside. Combine butter mixture as above; set aside 1 tablespoon mixture. Add potatoes to bowl and toss. Cover with plastic wrap. Microwave at HIGH 10 to 12 minutes, stirring once. Let stand. Place turkey in shallow baking dish. Brush turkey with reserved butter mixture. Cover with plastic wrap. Microwave at HIGH 5 to 7 minutes, rotating dish halfway through heating time. Stir potatoes. Arrange turkey and potatoes on platter. For added color, sprinkle potatoes with paprika if desired.

Recipe also tastes great with Oven Roasted or Hickory Smoked Breast of Turkey.

Turkey Mexicana

1 pound Louis Rich® Barbecued Breast of Turkey
1 jar (8 ounces) salsa
½ cup shredded Cheddar cheese
¼ cup sliced ripe olives
½ cup sour cream
Fresh parsley

Cut turkey into eight ¼-inch slices. Place turkey in large skillet, overlapping slices. Add salsa. Bring to a boil; turn down heat. Cover. Simmer 10 minutes. Add cheese and olives. Cover. Heat 1 minute more to melt cheese. Place turkey on serving platter. Garnish with sour cream and parsley.

4 servings; 320 calories per serving.

Microwave: Cut turkey as above; overlap in shallow baking dish. Spread salsa to cover turkey. Cover with plastic wrap. Microwave at HIGH 8 to 10 minutes, rotating dish halfway through heating time. Add cheese and olives. Microwave 1½ to 2 minutes more or until cheese melts.

Recipe also tastes great with Oven Roasted or Hickory Smoked Breast of Turkey.


Turkey
Mexicana
Parmesan Turkey
With Potatoes

Turkey Steaks With Herb Butter

1 pound Louis Rich® Oven Roasted Breast of Turkey
¼ cup butter, melted
¾ teaspoon dried thyme leaves, crushed
½ teaspoon dried rosemary leaves, crushed
¼ teaspoon paprika
Dash garlic powder

Cut turkey into four ½-inch slices. Combine remaining ingredients in small bowl. Heat turkey over hot coals in covered grill 8 to 10 minutes, turning once and brushing occasionally with butter mixture.

4 servings; 235 calories per serving.

Broiler: Prepare as above; place turkey on broiler pan. Broil 3 to 4 inches from heat source about 10 minutes, turning once and brushing with butter mixture.

Recipe also tastes great with Hickory Smoked or Barbecued Breast of Turkey.

Turkey With Mushroom-Wine Sauce

1 pound Louis Rich® Oven Roasted Breast of Turkey
½ cup sliced mushrooms
2 tablespoons butter
5 teaspoons cornstarch
1 teaspoon instant chicken bouillon
½ teaspoon garlic powder
1 cup water
2 tablespoons sherry

Cut turkey into eight ¼-inch slices; set aside. Lightly brown mushrooms in butter in large skillet. Combine cornstarch, bouillon and garlic powder in small bowl; gradually stir in water and sherry. Add to skillet and cook on medium, stirring until mixture thickens and begins to boil. Add turkey. Cover. Simmer 10 minutes more. Serve turkey with sauce.

4 servings; 219 calories per serving.

Microwave: Cut turkey as above; overlap in shallow baking dish. Cover with plastic wrap. Microwave at HIGH power 8 to 10 minutes, rotating dish halfway through heating time. Combine remaining ingredients in 4-cup glass measure. Microwave at HIGH 4 minutes, stirring every minute until sauce thickens and begins to boil. Serve as above.

For added enjoyment, Louis Rich® Breast of Turkey comes in three varieties—Oven Roasted, Hickory Smoked and Barbecued. Each averages one and a half pounds, so there's sure to be plenty for dinner tonight and sandwiches tomorrow. Look for your favorite variety in the fresh meat case in your supermarket.



WITH RECIPES THIS SIMPLE TURKEY WILL NEVER BE THE SAME.



FOOD

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

● With each recipe we give important nutrition information. The calorie count of individual servings and the amount, in grams, of protein, fat, cholesterol, and sodium help you keep tabs on what you eat.

● Also, you can check the vitamin and mineral levels per serving of each recipe. Vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (U.S. RDAs are standards developed by the Food and Drug Administration.)

● When a recipe is high in fiber, we'll include the grams of fiber per serving.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

HOW WE ANALYZE

● When ingredient options appear in a recipe, we use the first ingredient.

● We omit optional ingredients from the nutrition analysis.

● We use the first serving size listed.

● When milk is an ingredient, we base the analysis on *low-fat* milk.

WHAT YOU NEED

Use our recipe analyses to chart the nutritional value of the foods you eat. These guidelines are based on daily needs of females, 23 to 50 years old (in general, males and teenagers need more calories):

calories—2,000
protein—45 to 65 grams
fat—67 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams
fiber—25 to 35 grams

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall.

A cool and lively new taste.



Now's the time for a tempting pasta salad.

And here's one with a lively taste that will wake up your senses, sensationally.

It's Robust Italian Pasta Salad, one of the new Lipton Cool Side Salads.™

Treat yourself to delightful pasta twists, slices of ripe juicy olives, and a splash of red bell pepper, all delicately seasoned by Lipton.

The next time you crave a mouth-watering salad, be prepared with Lipton Cool Side Salads, the lively new Side Dishes from Lipton.

Yours to enjoy fresh in just 12 minutes.

SUMMER FOODS TO GO

AUGUST RECIPE INDEX

SUMMER FOODS TO GO

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MICROWAVE NOTE

The microwave recipes included here were tested in countertop microwave ovens that operate on 625 to 700 watts. Cooking times in these recipes are approximate because microwave ovens vary by manufacturer. Microwave directions are included only when a micro-cooked recipe is as appealing as the conventionally cooked recipe.

POTLUCK FAVORITES

(Recipes pictured on page 88.)

SPINACH PASTA SALAD

Tortellini is rings of stuffed pasta—

1 7-ounce package frozen *or* refrigerated cheese-filled egg tortellini *or* 1 cup dried tortellini

25¢ MANUFACTURER'S COUPON | EXPIRATION DATE 8/31/88 25¢

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Lipton Cool Side Salads CREAMY DIJON PASTA SALAD

New

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FP-123-BH



- **6 cups torn fresh spinach**
- **1 cup shredded red cabbage *or* torn radicchio**
- **6 slices bacon, crisp-cooked, drained, and crumbled**
- **4 green onions, sliced**
- **¼ cup chutney**
- **⅓ cup red wine vinegar and oil salad dressing**

● **In a large saucepan cook** tortellini according to package directions. Drain in a colander. Rinse with cold water. Drain again.

● **In a large salad bowl toss** together tortellini, spinach, cabbage or radicchio, bacon, and green onions. Cover and chill.

● **For dressing, cut up** any large pieces of chutney. In a screw-top jar combine chutney and salad dressing. Cover and chill. Just before serving, shake dressing well. Toss with tortellini mixture. Makes 12 servings.

Nutrition information per serving: 85 cal., 5 g pro., 10 g carbo., 3 g fat, 23 mg chol., 155 mg sodium. U.S. RDA: 38% vit. A, 21% vit. C.

HAWAIIAN BAKED BEANS

To make bacon-curl garnish as shown on page 89, loosely roll up 2 bacon slices; secure with a wooden toothpick. On pie plate bake bacon curls along with beans for 30 minutes or till done. (Or, cover plate with paper towel. Micro-cook on 100% power (high) about 4 minutes or till done.) Remove toothpick—

- **2 16-ounce cans pork and beans with tomato sauce**
- **2 15-ounce cans three-bean salad, drained**
- **2 8-ounce cans crushed pineapple (juice pack)**
- **⅔ cup bottled barbecue sauce**
- **2 tablespoons Worcestershire sauce**

● **In a 3-quart casserole combine** all ingredients. Bake, uncovered, in a 350° oven about 1 hour or till heated through. Stir before serving. Serves 12.

continued on page 104

continued

Microwave directions: In a 3-quart microwave-safe casserole combine all of the ingredients. Micro-cook, covered, on 100% power (high) 18 to 20 minutes or till heated through, stirring three times. Stir before serving.

Nutrition information per serving: 177 cal., 6 g pro., 33 g carbo., 2 g fat, 3 mg chol., 817 mg sodium, 11 g dietary fiber U.S. RDA: 14% vit. C, 21% iron, 10% phosphorus.

PARMESAN POTATO SALAD

After cooking, chill the potatoes for 1 hour. That way, they'll slice easier—

- **6 medium potatoes (2 pounds) *or* three 16-ounce cans sliced potatoes**
- **1 9-ounce package frozen French-style green beans**
- **2 tablespoons chopped hazelnuts (filberts)**
- **1 cup creamy cucumber salad dressing**
- **⅓ cup snipped parsley**
- **¼ cup grated Parmesan cheese**
- **1 13¾-ounce jar marinated artichoke hearts, drained and quartered**

● **Cook fresh potatoes,** uncovered, in boiling salted water 25 to 30 minutes or till tender; drain well. Let cool; slice. (Or, drain canned potatoes.) Cook beans according to package directions. Drain.

● **In a blender container** place hazelnuts. Cover and blend till ground. In a small mixing bowl combine hazelnuts, salad dressing, parsley, and Parmesan cheese.

● **In a large salad bowl combine** potatoes, green beans, and artichokes. Toss gently with dressing mixture. Cover and chill at least 1 hour. Transport in an insulated cooler with an ice pack. Makes 6 to 8 servings.

Microwave directions: Cut fresh potatoes in half crosswise. In a 3-quart microwave-safe casserole cook potatoes and 1 cup *water,* covered, on 100% power (high) for 8 minutes. Add green beans. Cook, covered, for 8 to 10 minutes more or till vegetables are tender. Drain. Continue as directed.

Nutrition information per serving: 336 cal., 8 g pro., 38 g carbo., 19 g fat, mg chol., 450 mg sodium. U.S. RDA: 10% vit. A, 50% vit. C, 15% thiamine, 13% riboflavin, 15% niacin, 11% calcium, 11% iron, 14% phosphorus.

RAINBOW FRUIT BOWL

- **6 medium peaches *or* nectarines, peeled, pitted, and sliced (1½ pounds)**
- **3 tablespoons lemon juice**
- **½ cup water**
- **3 tablespoons sugar**
- **1 tablespoon cornstarch**
- **Dash ground cinnamon**
- **Dash ground cloves**
- **1 banana, sliced**
- **1 pound plums, pitted and quartered**
- **1 cup seedless green grapes, halved**
- **1½ cups blueberries**

● **In a large mixing bowl toss** *half* of the peaches or nectarines with *1 tablespoon* of the lemon juice. Set aside.

● **In a medium saucepan combine** remaining sliced peaches, water, and *1 tablespoon* of the lemon juice. Bring to boiling; reduce heat. Cover and simmer about 5 minutes or till very tender. *Do not drain.* In a blender container or food processor bowl process peaches and liquid till smooth. Return to pan.

● **In a small mixing bowl combine** sugar, cornstarch, cinnamon, and cloves. Add to saucepan. Cook and stir till thickened and bubbly; cook and stir 2 minutes more. Cool. Toss banana with remaining lemon juice.

● **Layer fruits** in a 2-quart straight-sided glass bowl, using *half* of the remaining peaches or nectarines, all of the plums, and all of the grapes. Alternate bananas and strawberries around outside of bowl with cut side toward glass. Continue layering remaining peaches and all of the blueberries. Spoon peach sauce over all. Cover and chill. Serves 8.

Microwave directions: Toss *half* of the peaches with *1 tablespoon* lemon juice. Set aside. In 2-quart microwave-safe casserole combine remaining peaches, water, and *1 tablespoon* lemon juice. Micro-cook, covered, on 100% power (high) for 3 to 5 minutes or till tender, stirring twice. *Do not drain.* Blend or process peach mixture as directed. Return to casserole. Combine sugar, cornstarch, cinnamon, and cloves. Add to casserole. Cook, uncovered, on high for 2 to 3 minutes or till thickened and bubbly, stirring after every minute till slightly thickened, then after every 30 seconds. Cook, uncovered, on high for 1 minute more. Continue as directed.

Nutrition information per serving 121 cal., 1 g pro., 31 g carbo., 1 g fat, (mg chol., 2 mg sodium, 4 g dietary fiber U.S. RDA: 12% vit. A, 29% vit. C.

PEPPER CHEESE VEGETABLES

No jicama available? Try sliced water chestnuts—

- **1 10-ounce package frozen cut broccoli**
- **1 10-ounce package frozen peas and carrots**
- **1 cup milk**
- **1 1¾-ounce envelope white sauce mix**
- **1 1¼-ounce envelope cheese sauce mix**
- **8 ounces jicama, cut into thin strips (1½ cups)**
- **½ cup shredded Monterey Jack cheese with jalapeño peppers (2 ounces)**

● **In a medium saucepan cook** frozen vegetables, covered, in ½ cup *boiling water* about 5 minutes or till crisp-tender. *Do not drain.* Stir in milk and sauce mixes. Bring to boiling. Remove from heat. Stir in jicama and cheese. Turn into a 10x6x2-inch baking dish. Bake, uncovered, in 350° oven 30 minutes or till heated through. Serves 10.

Microwave directions: In a 2-quart microwave-safe casserole combine frozen vegetables and ¼ cup *water.* Cover with clear plastic wrap; vent by leaving a small area unsealed at the edge of the dish. Micro-cook on 100% power (high) about 8 minutes or till crisp-tender, rearranging dish once. *Do not drain.* Stir in milk and sauce mixes. Cook on high for 1 to 2 minutes or till boiling. Cook for 2 minutes more. Stir in jicama and cheese. Cook on high for 1 to 2 minutes or till heated through.

Nutrition information per serving: 104 cal., 6 g pro., 12 g carbo., 5 g fat, 9 mg chol., 386 mg sodium, 3 g dietary fiber. U.S. RDA: 65% vit. A, 21% vit. C, 16% calcium, 12% phosphorus.

CARROT-COCONUT CAKE

- **3 medium carrots, sliced**
- **1 1-inch-square orange peel**
- **1 cup orange juice**
- **¼ cup cooking oil**
- **1 package 2-layer-size yellow cake mix**
- **3 eggs**

continued on page 106

Now You Can Have Extra Crispy Hash Browns In Minutes



From A Toaster

New Aunt Jemima

Toaster Browns™

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Nothing could be finer in the morning.

continued

1⅓ cups coconut
¾ cup packed brown sugar
¾ cup chopped pecans
⅓ cup milk
¼ cup margarine *or* butter, melted
1 teaspoon vanilla

● **Combine** carrots, orange peel, juice, and oil in a blender container or food processor bowl. Cover and blend or process till carrots are finely chopped.

● **In a large mixer bowl combine** carrot mixture, cake mix, and eggs. Beat just till blended. Beat on medium speed for 2 minutes, scraping sides occasionally. Turn batter into a greased and floured 13x9x2-inch baking pan. Bake in 350° oven for 35 to 40 minutes or till a wooden toothpick inserted in the center comes out clean. Remove from oven. Turn oven to broil.

● **Combine** coconut, brown sugar, and pecans. Stir in milk, margarine, and vanilla. Using the back of a spoon or a small spatula, quickly spread coconut topping over hot cake in pan.

● **Broil cake** 4 to 5 inches from heat for 2 to 3 minutes or till coconut topping is golden brown. Serve warm or cool. Cut into squares to serve. Serves 12.

Nutrition information per serving: 438 cal., 5 g pro., 57 g carbo., 22 g fat, 69 mg chol., 375 mg sodium, *and* 3 g dietary fiber. U.S. RDA: 107% vit. A, 11% vit. C, 15% thiamine, 10% iron, and 19% phosphorus.

CASUAL PICNIC

(Recipes pictured on page 90.)

OUTSIDE-IN BURGERS

2 pounds lean ground beef
1 cup shredded Swiss cheese (4 ounces)
3 tablespoons catsup-style hamburger relish, mustard-style hot dog relish, *or* horseradish mustard
8 hamburger buns, split
Lettuce leaves
Tomato slices

● **Shape beef** into sixteen ¼-inch-thick patties. For filling, in a medium bowl combine cheese and relish or mustard. Place about *2 tablespoons* filling on *each* of 8 patties. Spread to within ½ inch of edges. Top with remaining patties. Press beef around edges to seal well. Wrap patties individually in foil. Chill at least 3 hours or freeze up to 6 months. Transport in an insulated cooler with an ice pack.

● **Grill chilled patties,** on an uncovered grill, directly over *medium-hot* coals for 13 to 14 minutes or till done, turning once. (Or, grill frozen patties for 18 to 20 minutes or till done, turning once.) Serve burgers on buns with lettuce and tomato slices. Makes 8 servings.

Nutrition information per serving: 369 cal., 31 g pro., 24 g carbo., 16 g fat, 95 mg chol., 338 mg sodium. U.S. RDA: 16% thiamine, 21% riboflavin, 33% niacin, 18% calcium, 24% iron, 32% phosphorus.

WONTON CHIPS

Pack chips in a self-sealing clear plastic bag, leaving some air in the bag—

¼ cup margarine *or* butter, melted
¾ teaspoon dry mustard
¾ teaspoon onion powder
¾ teaspoon garlic salt
⅛ teaspoon ground red pepper
½ of a 16-ounce package wonton skins
Nonstick spray coating
Salsa, mustard sauce, avocado dip, *or* sour cream dip (optional)

● **Combine** margarine, mustard, onion powder, garlic salt, and red pepper. Separate wonton skins. Fold skins to form interesting shapes. Place in a single layer on 2 baking sheets sprayed with nonstick spray coating. Brush with margarine mixture.

● **Bake wonton skins** in a 350° oven for 8 to 10 minutes or till crisp and golden brown. Repeat till all wontons are baked. Cool on a wire rack. Store in a tightly closed container up to 2 weeks. Serve with salsa, mustard sauce, or dips. Makes about 32.

Nutrition information per chip: 32 cal., 1 g pro., 4 g carbo., 2 g fat, 0 mg chol., 46 mg sodium.

LEMON-FRESH WALDORF SALAD

1 cup wagon wheel macaroni *or* bow ties
¾ cup chopped celery
¼ cup raisins
3 small apples, cored and chopped
½ cup mayonnaise *or* salad dressing
½ cup lemon yogurt
2 tablespoons sunflower nuts

● **Cook** the macaroni or bow ties according to package directions. Drain macaroni. Rinse with cold water. Drain macaroni again. Cover and chill. In a large plastic container with a sealable lid toss together the pasta, the celery, and the raisins.

● **For dressing, stir together** the chopped apples, the mayonnaise or salad dressing, and the yogurt. Spread mayonnaise mixture over pasta mixture. Sprinkle with the sunflower nuts. Cover and chill at least 4 hours. Transport the salad in an insulated cooler with an ice pack. To serve, fold the dressing into the pasta mixture. Makes 8 to 10 servings.

Nutrition information per serving: 221 cal., 3 g pro., 26 g carbo., 12 g fat, 9 mg chol., 98 mg sodium, 2 g dietary fiber. U.S. RDA: 13% thiamine.

CHERRY-CHOCOLATE SMILES

1 15-ounce package folded refrigerated unbaked piecrusts (2 crusts)
½ cup cherry preserves
¼ cup milk chocolate pieces
¼ cup chopped pecans
¼ teaspoon ground cinnamon
1 beaten egg white
1 tablespoon water

● **Let piecrusts stand** at room temperature for 20 minutes. Meanwhile, for filling, in a small mixing bowl combine preserves, chocolate pieces, pecans, and cinnamon.

● **Unfold piecrusts;** cut *each* piecrust into 8 wedges. Place about *1 tablespoon* of filling on *8* of the piecrust wedges, leaving ½ inch around edges. Make cutouts in remaining wedges or prick with a fork. Moisten edges of each wedge with filling. Place remaining wedges atop filling; use a fork to seal edges well. Use a fork to beat together egg white and water. Brush egg white mixture on *each* filled wedge. Place filled wedges in a lightly greased shallow baking pan.

● **Bake filled wedges** in a 375° oven about 20 minutes or till golden brown. Cool. Place wedges in an airtight container for transporting to the picnic grounds. Makes 8 servings.

Nutrition information per serving: 340 cal., 2 g pro., 39 g carbo., 20 g fat, 1 mg chol., 339 mg sodium.

continued on page 108

Pass the Old El Paso Chicken Tacos.



CHICKEN TACOS

½ cup chopped onion
2 tablespoons butter
2 cups cooked and shredded chicken
1 jar (8 oz.) Old El Paso® Taco Sauce
1 envelope (1¼ oz.) Old El Paso® Taco Seasoning Mix
12 Old El Paso® Taco Shells
shredded lettuce
diced tomatoes
sliced avocado
sour cream
Old El Paso® Taco Sauce

OLD EL PASO

In medium skillet, sauté onion in butter until translucent. Stir in chicken, taco sauce and seasoning mix. Simmer, uncovered, over low heat for 15 minutes. Meanwhile, heat taco shells according to package directions. Spoon chicken mixture into taco shells. Top with lettuce, tomatoes, avocado and a dollop of sour cream. Serve with taco sauce...

Makes 12 tacos.

continued

ELEGANT PICNIC

(Recipes pictured on page 91.)

SESAME CHICKEN AND RICE SALAD

- ¾ cup wild rice
- 1½ cups water
- 2 cups fresh pea pods *or* one 6-ounce package frozen pea pods
- 2 cups diced cooked chicken
- 1 11-ounce can mandarin orange sections, drained
- ½ cup sliced water chestnuts, halved
- ¼ cup rice wine vinegar *or* vinegar
- 1 tablespoon sesame oil
- ¼ teaspoon salt
- 1 tablespoon salad oil
- ¼ teaspoon ground red pepper
- ⅛ teaspoon garlic powder

● **Run cold water over rice** in a strainer about 1 minute, lifting rice to rinse well. In a medium saucepan bring rice and water to boiling; reduce heat. Cover and simmer for 40 to 50 minutes or till done. Drain. Rinse with cold water. Drain again.

● **In a bowl toss together** rice, pea pods, chicken, mandarin orange sections, and water chestnuts. Cover; chill rice mixture for 6 hours or overnight.

● **In a screwtop jar combine** vinegar, oils, salt, red pepper, and garlic powder. Cover and chill at least 6 hours or overnight. Transport the vinegar and oil mixture and rice mixture separately in an insulated cooler with an ice pack. At picnic, shake vinegar and oil mixture well. Pour over rice mixture; toss well. Makes 6 main-dish servings.

Nutrition information per serving: 234 cal., 18 g pro., 24 g carbo., 8 g fat, 42 mg chol., 136 mg sodium, 3 g dietary fiber. U.S. RDA: 25% vit. C, 13% thiamine, 14% riboflavin, 30% niacin, 11% iron, 18% phosphorus.

MELON-PROSCIUTTO KABOBS

- 4 cups honeydew melon *or* cantaloupe balls
- 8 ounces sliced prosciutto, cut into thin strips (about 1½ cups)
- 12 6-inch wooden skewers

● **Arrange melon balls and thread** prosciutto accordion-style on wooden skewers. Store in an airtight container. Chill at least 2 hours. Transport in insulated cooler with ice pack. Serves 6.

Nutrition information per serving: 101 cal., 9 g pro., 13 g carbo., 2 g fat, 20 mg chol., 468 mg sodium, 2 g dietary fiber. U.S. RDA: 68% vit. C, 26% thiamine, 12% niacin.

RASPBERRY-GLAZED POUND CAKE

- 1 16-ounce package pound cake mix
- ½ teaspoon finely shredded orange peel
- ⅔ cup orange juice
- 1½ cups fresh raspberries, blueberries, *or* boysenberries
- ¼ cup sugar
- ¼ cup orange juice *or* triple sec
- ⅛ teaspoon ground ginger

Lemon curd *or* frozen whipped dessert topping, thawed (optional)

Fresh blueberries, raspberries, *or* boysenberries

● **Prepare and bake cake** according to package directions *except* add orange peel and substitute the ⅔ cup orange juice for water. While cake is warm, prick cake several times with fork. *Do not* remove cake from pan.

● **For glaze, in a saucepan combine** the 1½ cups berries, sugar, the ¼ cup orange juice or triple sec, and ginger. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Strain through a sieve to remove seeds and skin. Spoon over cake. Cool.

● **To serve, spoon** lemon curd or dessert topping and additional berries over sliced pound cake. Serves 12.

Nutrition information per serving: 225 cal., 3 g pro., 42 g carbo., 5 g fat, 46 mg chol., 197 mg sodium, 2 g dietary fiber. U.S. RDA: 17% vit. C.

ROADSIDE PICNIC

(Recipes pictured on page 92.)

TUNA-CUCUMBER SPREAD

For a decorative touch, reserve ¼ cup of the chopped vegetables from the salad; add reserved vegetables to mold bottom before spooning in gelatin mixture—

- 1 teaspoon unflavored gelatin
- 1 cup deli marinated cucumber *or* mixed vegetable salad
- ½ of an 8-ounce package cream cheese, softened
- 2 tablespoons mayonnaise *or* salad dressing
- 1 tablespoon snipped fresh dill or ½ teaspoon dried dillweed
- 1 3½-ounce can tuna (water pack), drained and flaked

Sliced French bread or Melba toast

● **In a small saucepan combine** gelatin and 2 tablespoons cold *water* and gelatin. Let stand 5 minutes. Cook and stir over low heat till gelatin is dissolved. Set aside.

● **Drain vegetable salad,** reserving *1 tablespoon* of the marinade. Finely chop the vegetables.

● **In small mixer bowl beat** reserved marinade, cream cheese, mayonnaise, and dill with an electric mixer on medium speed till combined. Stir in the dissolved gelatin, salad, and tuna. Line a 2-cup mold or airtight container with clear plastic wrap. Transfer the gelatin mixture to prepared mold. Chill salad at least 6 hours or overnight till set. Transport molded salad in an insulated cooler with an ice pack.

● **Before serving, invert mold.** Remove mold and carefully peel off plastic wrap. Cut into wedges. Serve with bread or crackers. Makes 6 servings.

Nutrition information per serving: 174 cal., 7 g pro., 2 g carbo., 15 g fat, 34 mg chol., 170 mg sodium. U.S. RDA: 12% niacin.

CARAMEL-BANANA CUPS

- 2 5-ounce containers banana pudding
- ⅓ cup dairy sour cream
- ¼ teaspoon rum flavoring

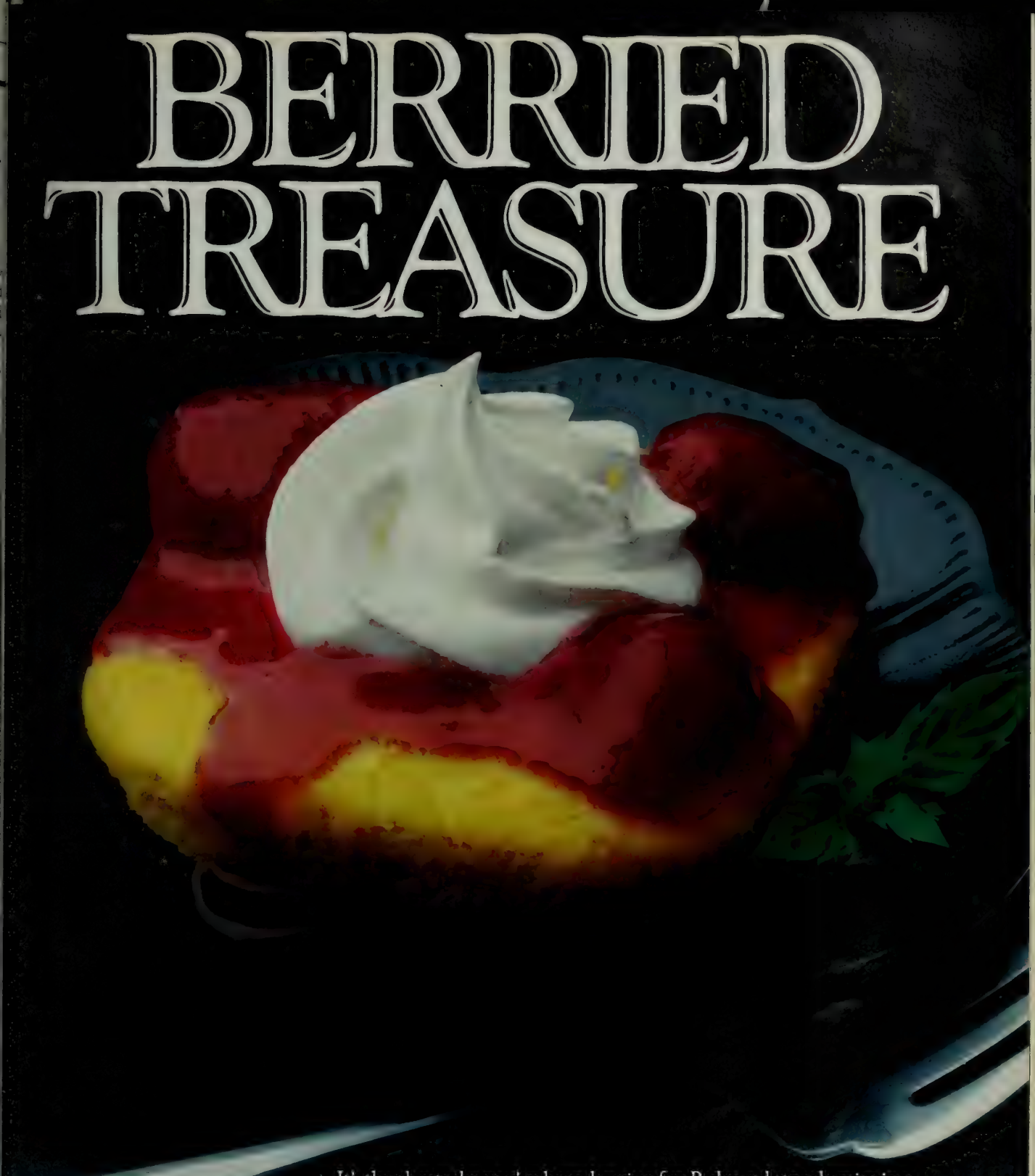
Dash salt

- 6 foil bake cups
- 6 vanilla wafers *or* gingersnaps
- ¼ cup chopped pecans
- ¼ cup caramel ice cream topping

● **In a small bowl combine** pudding, sour cream, rum flavoring, and salt; set aside. Line a muffin tin with foil bake cups. Place one vanilla wafer or gingersnap on bottom of each bake cup. Spoon about *2 tablespoons* of the pudding mixture atop each cookie. Combine pecans and caramel topping. Spoon *half* of the caramel mixture atop pudding. Repeat layers. Cover and freeze overnight. Transport in an insulated container with an ice pack. Serves 6.

Nutrition information per serving: 191 cal., 2 g pro., 24 g carbo., 9 g fat, 7 mg chol., 67 mg sodium.

BERRIED TREASURE



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All the goodness of our Original Ranch dressing, plus real wood-smoked bacon. That makes a mighty tasty combination. So now you can make all kinds of good things, like this creamy Hot Potato Salad.

HIDDEN VALLEY HOT POTATO SALAD

Serves 4-6

2 lbs. small red new potatoes, cooked
½ cup sliced green onions
1 cup prepared Hidden Valley Ranch® Original Ranch with Bacon Salad Dressing
Paprika or Black Pepper
Chives

While still warm, cut potatoes into 1-inch cubes. Gently toss together potatoes, onions and salad dressing. Dust with paprika or pepper. Garnish with fresh chives. Serve warm or at room temperature.



WIN MONEY FOR YOUR RECIPES
See Page 115 For Details

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES



Zucchini Ideas

File under Vegetables
August 1987

$100 WINNER *April K. Leong, Honolulu, Hawaii*

Green and Gold Casserole

Tote this crowd-pleasing casserole to your next potluck—

- 2 packages (16) refrigerated crescent rolls
- ½ cup grated Parmesan cheese
- 1¼ pounds zucchini (3 to 4 medium), halved lengthwise and sliced ¼ inch thick (4 cups)
- 3 cups sliced fresh mushrooms (8 ounces)
- 1 large onion, halved lengthwise and sliced
- 1 16-ounce carton dairy sour cream
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 6-ounce jar marinated artichoke hearts, drained and chopped
- 1 cup shredded Monterey Jack cheese (4 ounces)

Lightly grease a 13x9x2-inch baking pan. Unroll *one* package crescent rolls; press evenly in pan to cover bottom, sealing perforations. Sprinkle with *¼ cup* of the Parmesan cheese. Bake in a 350° oven for 10 to 15 minutes or till golden. Meanwhile, place zucchini, mushrooms, and onion in a large steamer basket over boiling water. Cover; steam 8 to 10 minutes or till crisp tender. Remove; set aside.

In a large bowl stir together sour cream, flour, salt, and pepper. Stir in zucchini mixture and artichokes. Turn into pan; spread evenly over crust. Top with Monterey Jack cheese. Unroll remaining rolls; separate into triangles. Arrange on top of cheese. Sprinkle with remaining Parmesan cheese. Bake in a 350° oven for 30 to 40 minutes or till top is golden and filling is heated through. Makes 10 to 12 side-dish servings.

Nutrition information per serving: 356 cal., 11 g pro., 27 g carbo., 24 g fat, 39 mg

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES



Low-Salt Main Dishes

File under Main Dishes
August 1987

$100 WINNER *Barbara B. Bland, Cary, N.C.*

Seafood-Tomato Sauce for Pasta

You'll never miss the salt because the sauce is chock-full of seasonings—

- 2 14½-ounce cans low-sodium stewed tomatoes
- 1 6-ounce can low-sodium tomato paste
- ½ cup coarsely chopped onion
- 1 teaspoon dried oregano, crushed
- 1 teaspoon dried basil, crushed
- ¼ to ½ teaspoon crushed red pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon dried thyme
- 1 16-ounce package frozen peeled and deveined shrimp
- ½ cup chopped green pepper
- Hot cooked spaghetti

Combine *undrained* tomatoes, tomato paste, onion, oregano, basil, red pepper, garlic powder, and thyme. Bring to boiling; reduce heat. Cook, uncovered, over medium-low heat 10 minutes or till mixture thickens slightly, stirring occasionally. Add shrimp and green pepper; cook, uncovered, 10 minutes or till shrimp are no longer pink, stirring occasionally. Serve over spaghetti. Makes 6 servings.

Nutrition information per serving: 336 cal., 23 g pro., 57 g carbo., 2 g fat, 113 mg chol., 144 mg sodium. U.S. RDA: 35% vit. A, 51% vit. C, 43% thiamine, 19% riboflavin, 39% niacin, 14% calcium, 28% iron, 25% phosphorus.





PRIZE TESTED RECIPES®
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FRESH IDEAS FROM HIDDEN VALLEY RANCH

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All the goodness of our Original Ranch dressing, plus real wood-smoked bacon. That makes a mighty tasty combination. So now you can make all kinds of good things, like this creamy Hot Potato Salad.

HIDDEN VALLEY HOT POTATO SALAD

Serves 4-6

2 lbs. small red new potatoes, cooked
½ cup sliced green onions
1 cup prepared Hidden Valley Ranch® Original Ranch with Bacon Salad Dressing
Paprika or Black Pepper
Chives

While still warm, cut potatoes into 1-inch cubes. Gently toss together potatoes, onions and salad dressing. Dust with paprika or pepper. Garnish with fresh chives. Serve warm or at room temperature.



WIN MONEY FOR YOUR RECIPES
See Page 115 For Details

KITCHEN®
PRIZE TESTED RECIPES



Zucchini Ideas

File under Vegetables
August 1987

$100 WINNER *April K. Leong, Honolulu, Hawaii*

Green and Gold Casserole

Tote this crowd-pleasing casserole to your next potluck—

- 2 packages (16) refrigerated crescent rolls
- ½ cup grated Parmesan cheese
- 1¼ pounds zucchini (3 to 4 medium), halved lengthwise and sliced ¼ inch thick (4 cups)
- 3 cups sliced fresh mushrooms (8 ounces)
- 1 large onion, halved lengthwise and sliced
- 1 16-ounce carton dairy sour cream
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 6-ounce jar marinated artichoke hearts, drained and chopped
- 1 cup shredded Monterey Jack cheese (4 ounces)

Lightly grease a 13x9x2-inch baking pan. Unroll *one* package crescent rolls; press evenly in pan to cover bottom, sealing perforations. Sprinkle with *¼ cup* of the Parmesan cheese. Bake in a 350° oven for 10 to 15 minutes or till golden. Meanwhile, place zucchini, mushrooms, and onion in a large steamer basket over boiling water. Cover; steam 8 to 10 minutes or till crisp tender. Remove; set aside.

In a large bowl stir together sour cream, flour, salt, and pepper. Stir in zucchini mixture and artichokes. Turn into pan; spread evenly over crust. Top with Monterey Jack cheese. Unroll remaining rolls; separate into triangles. Arrange on top of cheese. Sprinkle with remaining Parmesan cheese. Bake in a 350° oven for 30 to 40 minutes or till top is golden and filling is heated through. Makes 10 to 12 side-dish servings.

Nutrition information per serving: 356 cal., 11 g pro., 27 g carbo., 24 g fat, 39 mg

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES



Low-Salt Main Dishes

File under Main Dishes
August 1987

$100 WINNER *Barbara B. Bland, Cary, N.C.*

Seafood-Tomato Sauce for Pasta

You'll never miss the salt because the sauce is chock-full of seasonings—

- 2 14½-ounce cans low-sodium stewed tomatoes
- 1 6-ounce can low-sodium tomato paste
- ½ cup coarsely chopped onion
- 1 teaspoon dried oregano, crushed
- 1 teaspoon dried basil, crushed
- ¼ to ½ teaspoon crushed red pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon dried thyme
- 1 16-ounce package frozen peeled and deveined shrimp
- ½ cup chopped green pepper
- Hot cooked spaghetti

Combine *undrained* tomatoes, tomato paste, onion, oregano, basil, red pepper, garlic powder, and thyme. Bring to boiling; reduce heat. Cook, uncovered, over medium-low heat 10 minutes or till mixture thickens slightly, stirring occasionally. Add shrimp and green pepper; cook, uncovered, 10 minutes or till shrimp are no longer pink, stirring occasionally. Serve over spaghetti. Makes 6 servings.

Nutrition information per serving: 336 cal., 23 g pro., 57 g carbo., 2 g fat, 113 mg chol., 144 mg sodium. U.S. RDA: 35% vit. A, 51% vit. C, 43% thiamine, 19% riboflavin, 39% niacin, 14% calcium, 28% iron, 25% phosphorus.





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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

Low-Salt Main Dishes

File under Main Dishes
August 1987



$50 WINNER *Terry Hall, Huntsville, Ala.*

Far-Eastern Barbecued Chicken

Inventing recipes, like this peppy ginger basting sauce, is Terry's escape from a demanding career—

- 1 2½- to 3-pound broiler-fryer chicken
- 1 tablespoon olive *or* cooking oil
- Pepper
- ½ cup dry red wine
- 2 tablespoons lime juice
- 2 tablespoons sodium-reduced soy sauce
- 1 to 2 tablespoons peeled, grated gingerroot
- 1 to 2 teaspoons chili paste
- 2 to 3 cloves garlic, minced

Remove backbone from chicken by cutting up each side of backbone with kitchen shears. Flatten chicken by pressing on breast bone with hands. Rinse chicken; pat dry. Place chicken, skin side up, on a rack in a shallow roasting pan. Brush chicken with oil and sprinkle with pepper. Roast chicken in a 375° oven for 30 minutes.

Meanwhile, in a small saucepan stir together wine, lime juice, soy sauce, gingerroot, chili paste, and garlic. Bring to boiling; reduce heat. Boil gently, uncovered, for 15 to 20 minutes or till mixture is reduced to about *⅓ cup.* Baste chicken with the basting sauce and continue roasting 30 to 40 minutes more or till drumstick moves easily in the socket. Brush chicken twice with the basting sauce during the last 10 minutes of roasting. Makes 6 servings.

Nutrition information per serving: 224 cal., 28 g pro., 2 g carbo., 9 g fat, 84 mg chol., 301 mg sodium. U.S. RDA: 10% riboflavin, 44% niacin, 19% phosphorus.

Photographs: Scott Little

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

Zucchini Ideas

File under Vegetables
August 1987



$50 WINNER *Margaret L. Goodman, New York, N.Y.*

Maggie's Zucchini Quiche

Each summer, Margaret's zucchini bounty comes from her mother's garden. She writes, "This recipe was one of many inventions that necessity mothered"—

- 1 unbaked 9-inch pastry shell
- 2 cups finely chopped zucchini
- 1 medium onion, finely chopped (½ cup)
- ¼ cup water
- 3 beaten eggs
- 1 8-ounce carton plain yogurt
- 1½ cups shredded Swiss cheese (6 ounces)
- 2 tablespoons all-purpose flour
- ½ teaspoon dried dillweed
- ¼ teaspoon salt
- Dash pepper

Line pastry shell with a double thickness of heavy-duty foil. Bake in a 450° oven for 5 minutes. Remove foil and bake 5 to 7 minutes more or till edges are light brown. Reduce oven temperature to 350°.

Meanwhile, in a 2-quart saucepan combine zucchini, onion, and water. Bring to boiling; reduce heat. Simmer, covered, about 3 minutes or till zucchini is just tender. Drain well. In a medium mixing bowl combine eggs, yogurt, cheese, flour, dillweed, salt, and pepper; stir in vegetables. Pour vegetable mixture into hot pastry shell. Bake, uncovered, in a 350° oven for 25 to 30 minutes or till a knife inserted near the center comes out clean. Let stand 10 minutes before serving. Makes 6 main-dish servings.

Nutrition information per serving: 353 cal., 15 g pro., 24 g carbo., 22 g fat, 165.7 mg chol., 444 mg sodium, 1 g dietary fiber. U.S. RDA: 11% vit. A, 17% riboflavin, 37% calcium, 30% phosphorus.


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WIN MONEY FOR YOUR RECIPES
This Month's Winners, Pgs 111, 112.

BETTER HOMES AND GARDENS TEST KITCHEN

PRIZE TESTED RECIPES

THIS MONTH'S CATEGORIES

Tuna and Salmon Ideas
Ways with Potatoes

Busy cooks, what inviting tuna or salmon recipe do you prepare in a pinch? The almost-anything-goes potato makes an ideal side dish—what interesting recipe do you fix? Send us your recipes—you could be a winner. Two cooks receive $100 each, two others receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages next March. Winners receive a certificate and six copies of their recipe.

HINTS TO HELP YOU

Tuna and Salmon Ideas: Does your recipe begin with fresh, frozen, canned, or smoked fish? Have you created an elegant microwave recipe using tuna or salmon steaks? **Hints: salmon with ginger sauce, herbed tuna burgers.**

Ways with Potatoes: Potatoes come in many forms and all can be used creatively in recipes. Do you use fresh, canned, or instant potatoes, frozen hash browns, french fries, or a boxed mix in your side-dish recipe? **Tips: beer-sauced spuds, spiced skillet potatoes.**

WINNERS IN THIS ISSUE

$100 Winners

Barbara B. Bland, Cary, N.C.
April K. Leong, Honolulu, Hawaii

$50 Winners

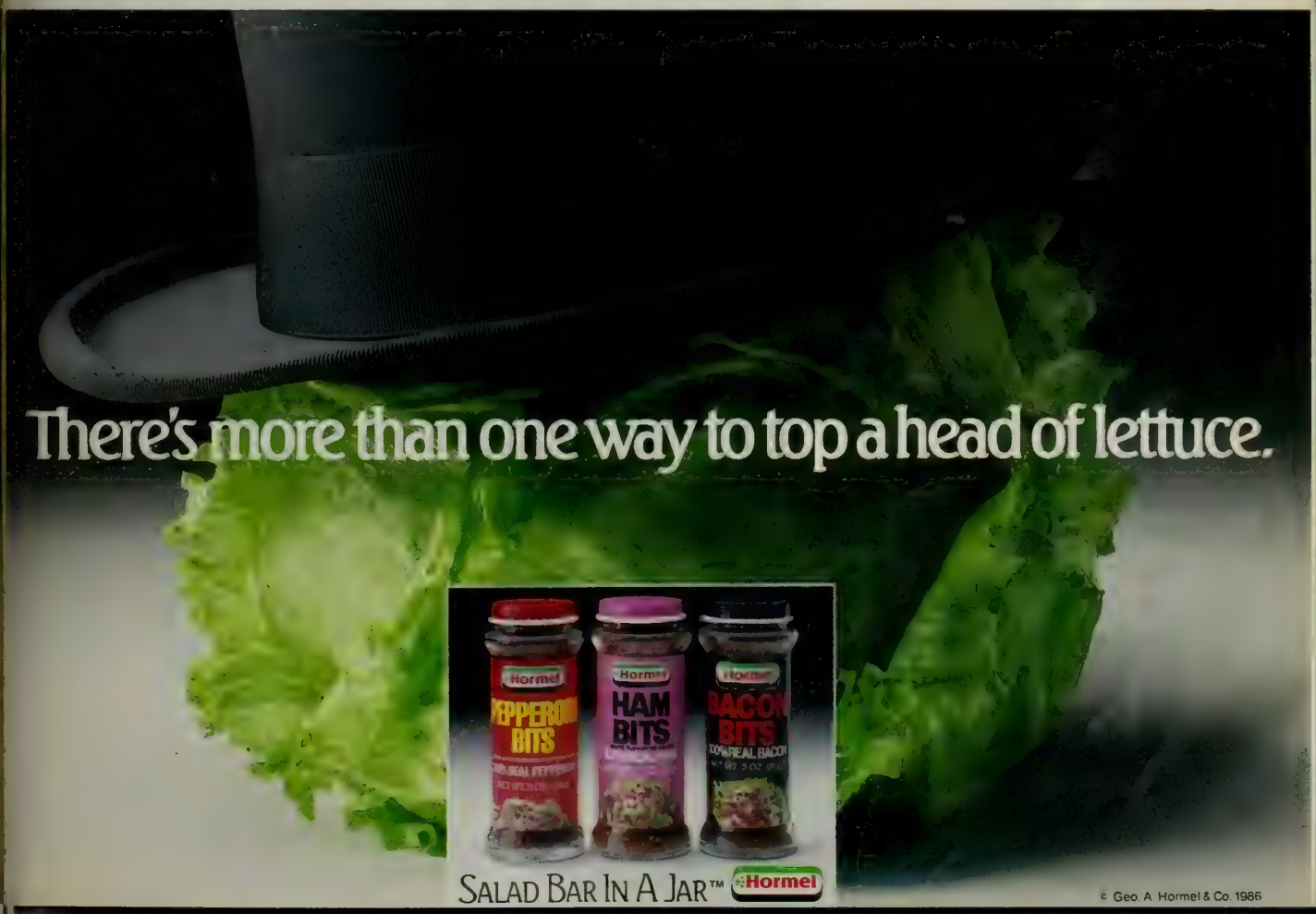
Margaret L. Goodman, New York, N.Y.
Terry Hall, Huntsville, Ala.

Honor Roll Winners

Sharon Boyd, Sugarcreek, Ohio; Astrid Holoubek, Burlington, Iowa; Wilma I. Ross, Havensville, Kans.; Thomas Rovine, Elkins Park, Pa.; Beth Tronolone, Sylvania, Ohio; Vivian E. Wolfram, Novi, Mich.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "March Tuna and Salmon Ideas" or "March Ways with Potatoes." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give the Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, August 31, 1987. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8803 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation. BH&G



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Summer Foods To Go (Pages 88 to 92)



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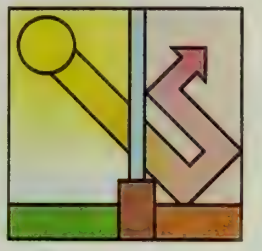
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CRAB APPLE RECIPES TO SMILE ABOUT

By Barbara Greenwood



SCOTT LITTLE

Cash in on August's bounty with Pickled Crab Apples and Crab Apple Butter.

Crab apples—those old-time fruit favorites—are making a comeback. Because they're ripening to perfection now, pick some up at your favorite produce market. (Or, harvest a basketful from your yard!) Enjoy the natural smack of the tiny, tart apples in these sassy recipes.

PICKLED CRAB APPLES

Pack loosely to keep the apples' shapes—

2½ pounds crab apples
3 cups sugar
1 cup vinegar
6 inches stick cinnamon, broken
1 teaspoon whole cloves

Rinse crab apples; remove and discard stems. For syrup, in a large kettle or Dutch oven combine sugar, vinegar, cinnamon, cloves, and 1½ cups *water.* Bring to boiling; reduce heat. Add crab apples. Simmer, covered, about 15 minutes or just till crab apples are tender.

Remove from heat. Using a slotted spoon, *loosely* pack apples into 5 hot, clean pint jars, leaving a ½-inch headspace. Return syrup to boiling; add syrup to cover apples in jars, leaving a ½-inch headspace. Wipe rims; adjust lids. Process in boiling water bath for 20 minutes (start timing when water boils). Makes 5 pints.

Nutrition information per ½-cup serving: 161 cal., 0 g pro., 42 g carbo., 0 g fat, 0 mg chol., 1 mg sodium.

CRAB APPLE BUTTER

Slather this spicy, rosy spread on your favorite breakfast bread or muffin—

3 pounds crab apples

• • •

2½ cups apple cider *or* apple juice
½ cup cider vinegar

• • •

2 cups sugar
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
⅛ teaspoon ground mace

Rinse the crab apples; pat dry with paper towels. Core and quarter the crab apples. You should have about 9 cups of quartered crab apples.

In a large kettle or Dutch oven combine the crab apples, apple cider or apple juice, and cider vinegar. Bring the mixture to boiling; reduce the heat. Cover and simmer for 30 minutes, stirring occasionally.

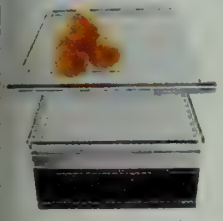
Press the mixture through a food mill or sieve. Measure *5 cups* of the pulp; return pulp to the kettle or Dutch oven. (Reserve the remaining pulp for another use such as applesauce.)

Stir the sugar, cinnamon, nutmeg, and mace into the pulp in the kettle. Bring the mixture to boiling, then reduce the heat. Simmer, uncovered, for 1 to 1½ hours or till the mixture is very thick, stirring often. Spoon the hot mixture evenly among 5 hot, clean half-pint jars, leaving a ½-inch headspace. Wipe the jar rims and adjust the lids. Process the jars in a boiling water bath for 10 minutes (start the timing when the water boils). Makes 5 half-pints.

Nutrition information per 2 tablespoons: 72 cal., 0 g pro., 19 g carbo., 0 g fat, 0 mg chol., 1 mg sodium.

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Tastes great out of your microwave.

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PRESERVING SUMMER-FRESH TOMATOES

CANNING AND FREEZING TECHNIQUES



SCOTT LITTLE

Ladle tomatoes into hot, clean jars.

Preserve the juicy goodness of summer tomatoes to savor later in sauces, chilies, and stews.

CANNING

Always use the boiling water bath method when canning tomatoes.

● **Cooked tomatoes:** Choose firm, ripe tomatoes with no soft spots or decay. Thoroughly rinse tomatoes. To peel, place several tomatoes in a strainer. Dip strainer into a kettle of boiling water 30 to 60 seconds or till skin slips off easily. Lift out; immediately plunge into cool water. Remove peel; core tomatoes. Cut tomatoes into quarters; place in a large kettle or Dutch oven. Bring tomatoes quickly to boiling, stirring constantly to prevent sticking. Ladle tomatoes and some juice into hot, clean canning jars (see tip, below right), leaving ½-inch headspace. Add salt, if desired. (Allow ¼ teaspoon per pint.) *Do not add water.* Wipe jar rims; adjust canning jar lids according to the manufacturer's directions. Process in boiling water bath canner 35 minutes for pints or 45 minutes for quarts (start the timing after water boils).

● **Tomato juice:** Wash ripe tomatoes; remove stem ends and cut up into a large kettle. Bring tomatoes quickly to boiling, stirring frequently. Simmer, covered, 15 minutes or till softened,



Make juice using a sieve or food mill.

stirring often. Press through sieve or food mill. Discard skins. Return pulp to kettle at once. Return quickly to boiling, stirring often. Immediately pour hot juice into hot, clean canning jars (see tip, right), leaving ½-inch headspace. Add salt, if desired. (Use ¼ teaspoon per pint.) Seal jars and process as directed for cooked tomatoes allowing 35 minutes for either pints or quarts.

FREEZING

● **Cooked tomatoes:** Rinse tomatoes. Remove stem ends, peel, and quarter tomatoes. In a large kettle bring tomatoes quickly to boiling, stirring constantly. Simmer, covered, 10 minutes. Set kettle in sink of ice water. Add salt, if desired. (Use ¼ teaspoon per pint.) Pack into moisture- and vapor-proof freezer containers, leaving ½ inch headspace. Seal, label, and freeze.

● **Tomato juice:** Wash, sort, and trim ripe tomatoes. Cut tomatoes into quarters. Simmer 15 minutes. Press tomatoes through a sieve. Season with salt, if desired. (Use ¼ teaspoon salt per pint.) Pour juice into moisture- and vapor-proof freezer containers leaving ½-inch headspace. Cool to room temperature. Seal, label, and freeze.

JAR CLEANING TIP

Wash and rinse jars thoroughly. Pour boiling water over jars; let stand in hot water till time to fill. Follow manufacturer's directions to sterilize lids.

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Fiberall

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BUYING GUIDE

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THE BH&G® INNOVATIONS HOUSE

Page 29 (*exterior*): Windows—Marvin Windows, Warroad, MN 56763. **Doors**—Nicolai Co., 500 NE. Multnomah, Portland, OR 97232. **Rough-sawn plywood lap siding**—American Plywood Assoc., P.O. Box 11700, 7011 S. 19th St., Tacoma, WA 98411. **Western red cedar roof shakes**—Mid-America Cedar, P.O. Box 436, Osseo, MN 55369. **Decorative shingles,** "Fancy Cuts"—Shakertown, 1200 Kerron St., Winlock, WA 98596. **Garage door**—Wayne-Dalton Corp., P.O. Box 67, Mt. Hope, OH 44660. **Exterior stain,** "HomeCare"—Olympic Stain, 2233 112th Ave., NE, Bellevue, WA 98004. **Exterior hardware**—Schlage Co., 2401 Bay Shore Blvd., San Francisco, CA 94134.

Page 30 (*bottom right*): Oak floors—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. **Custom-crafted rugs**—Cabin Crafts, WestPoint-Pepperell, Inc., P.O. Box 1208, Dalton, GA 30720. **Wall sconces**—Conran's Mail Order Dept. 4049, 4 S. Middlesex Ave., Cranbury, NJ 08512. **Carpet on stairs, master bedroom**—Customweave Carpets, P.O. Box 1448, Dalton, GA 30722. **Interior doors**—Nicolai Co. (address above). **Interior hardware**—Schlage Company (address above).

Page 31 (*large photo*): Custom rug—Dayton/Hudson Design Studio, 700 On the Mall, Minneapolis, MN 55401. **(*Bottom right*): Furnishings**—Dayton/Hudson Design Studio (address above). **Pleated shades**—Levolor Lorentzen, 1280 Wall St., W, Lyndhurst, NJ 07071. **Custom-crafted rug**—Cabin Crafts (address above).

Page 32: Cabinets—Crystal Cabinet Works, Inc., 1100 Crystal Dr., Princeton, MN 55731. **Stove, dishwasher**—Admiral Home Appliances, 1701 E. Woodfield Rd., Schaumburg, IL 60196. **Sink, faucets**—Kohler Co., Kohler, WI 53044. **Paver tile**—American Olean Tile Co., Lansdale, PA 19446. **Backsplash tile**—Terra Designs, 241 E. Blackwell St., Dover, NJ 07801. **Butcher-block countertop**—John Boos and Co., 315 S. First St., Effingham, IL 62401. **Lighting**—Progress Lighting, Erie Ave. and G St., Philadelphia, PA 19134. **Range-hood**—Stuart Mfg. Co., 320 E. St. Joseph St., Indianapolis, IN 46202. **Coffee maker**—Braun North America, Appliance Div., 55 Cambridge Pkwy., Cambridge, MA 02141. **Garbage disposer**—In-Sink-Erator, 4700 21st St., Racine WI 53406. **(*Bottom right*): Refrigerator modules,** "Continental Series"—Admiral Corp. (address above). **Washer/dryer**—Speed Queen Co., P.O. Box 990, Rippon, WI 54971-0990.

Page 33 (*large photo*): Cedar decking—Mid-America Cedar (address above). **(*Bottom right*): Carpet**—Dayton/Hudson Design Studio (address above).

Page 34 (*large photo*): Furnishings—Dayton/Hudson Design Studio (address above). **Mini blinds**—Levolor Lorentzen (address above). **(*Bottom right*): Faucets**—Kohler Company (address above). **Cabinets**—Crystal Cabinet Works (address above). **Tile**—American Olean Tile Company (address above). **Countertop,** "Colorcore"—Formica Corp., 10155 Reading Rd., Cincinnati, OH 45241. **Wall covering,** Marco & Micio collection, "Granite"—Imperial Wallcovering, 23645 Mercantile Rd., Cleveland, OH 44122. **Strip lighting**—Progress Lighting (address above).

Page 35 (*large photo*): Furnishings—Dayton/Hudson Design Studio (address above). **Carpet**—Customweave Carpets (address above). **Blinds**—Levolor Lorentzen (address above). **(*Bottom right*): White and green tiles**—American Olean Tile Co., (address above). **Gold-tone accent tiles**—Latco Products, 5504 Export Blvd., P.O. Box 7358, Garden City, GA 31408. **Tub, pedestal sink, faucets**—Kohler Co. (address above).

Page 36: Windows—Marvin Windows (address above). **House wrap,** Tyvek®—Du Pont Co., Textile Fibers Dept., Centre Road Bldg., Wilmington, DE 19898. **Gas furnace** "Energy Command™"—Amana Refrigeration Inc., Amana, IA 52204. **Thermal Crafted Home™ program**—Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659. **Water heater** "Extra-Saver™"—Mor-Flo/American, 18450 S. Miles Rd., Cleveland, OH 44128. **Wiring,** Tri/Con™—Brintech Corp., Brand-Rex Cable Systems Div., 1600 W. Main St., Willimantic, CT 06226-1128. **Home control system,** "HomeMinder™"—General Electric Consumer Electronic Business, 600 N. Sherman Dr., Indianapolis, IN 46201. **Central vacuum**—NuTone Inc., Madison & Red Bank Rds., Cincinnati, OH 45227. **Wood foundation**—American Plywood Association (address above).

PAINTED FLOORS

Pages 40–41 (*bottom left*): Table, chairs—Thomasville Furn., Thomasville, NC 27360. **(*Bottom right*): Wallpaper**—Marimekko, 7 W. 56th, New York, NY 10019. **Pillow fabric, bedspread**—Pierre Deux, 532 Sutter St., San Francisco, CA 94102.

NEW WINDOWS, NEW LOOK

Page 50: Windows, "WENCO JX-7 Clad Round Top"—WENCO, Industrial Park, Mt. Vernon, OH 43050.

OUR EDITORS BUILD A SUN-ROOM

Page 69: Sun-room, "Contemporary," Model 4/12—Lindal Cedar Sunrooms, 4300 S. 104th Pl., P.O. Box 24426, Seattle, WA 98124. **Ceramic tile floor,** World Collection, "Milano," Deep Marine W-18—American Olean Tile Co., 2031 Cannon Ave., Lansdale, PA 19446.

Page 72: Fan, "Vent Axia"—Coast Products Co. Inc., 954 Elliott Ave., W, Seattle, WA 98119.

Page 73: Child's rocker—Typhoon, 1810 Alden Rd., Orlando, FL 32803.

SMALL-SPACE TACTICS

Page 74: Settee fabric—Boris Kroll Fabrics Inc., 66 Grey St., Paterson, NJ 07501

Page 76: Sofa, ottomans—Classic Gallery, P.O. Box 1030, High Point, NC 27261. **Lamp**—Koch & Lowy, 21-24 39th Ave., Long Island City, NY 11101. **Modular storage system**—ICF, Inc., 101 Merchandise Mart, Chicago, IL 60654.

Page 77: Sofa fabric—Brunschwig & Fils Inc., 979 Third Ave., New York, NY 10022. **Small green sofa pillow fabric, Roman shade fabric**—Henry Calvin Fabrics, 290 Division St., San Francisco, CA 94103. **Wall lamps**—Paul Hanson, 610 Commercial Ave., Rutherford, NJ 07072.

Page 78: Torchère—Artemide, 1980 New Highway, Farmingdale, NY 11735. **Window treatment**—Levolor Lorentzen, Incorporated, 1280 Wall St., W, Lyndhurst, NY 07071.

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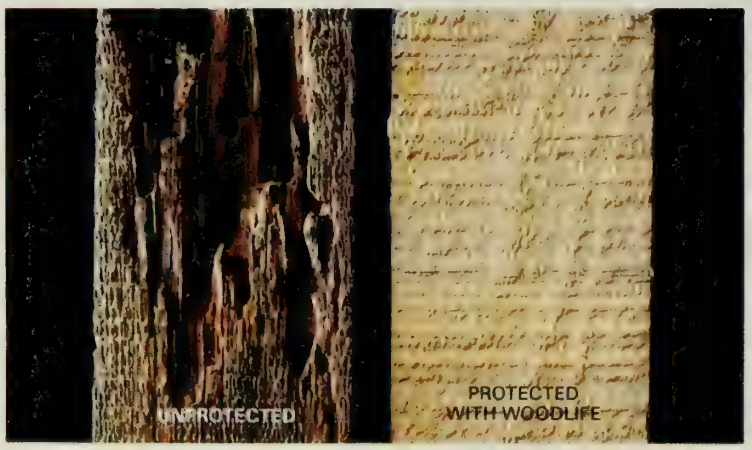
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SHOPPING

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Page 79: Carpet, Allied Fibers Anso V "Worry-Free Carpet"—Armstrong World Ind., P.O. Box 3001, Lancaster, PA 17604. **Window treatment**—Levolor Lorentzen, Inc. (address above). **Cabinet surfaces**—Formica Corp., 1501 Broadway, Suite 1519, New York, NY 10036. **Television**—Sony, One Sony Dr., Park Ridge, NJ 07656. **Bed linens**—Marimekko, 7 W. 56th St., New York, NY 10019

Page 80: Dining table, Elements by Grapevine—6161 E. Hwy 12, Lodi, CA 95240. **Dining chairs**—Shenandoah, P.O. Box 97, Collinsville, VA 24078.

Page 81: Window treatments—Nanik, P.O. Box 1766, Wausau, WI 54402-1766. **Modular furniture**—Shenandoah (address above).

FALL GARDENING

Pages 82–85: Vegetable seeds—Park Seed Co., Cokesbury Rd., Greenwood, SC 29647; W. Atlee Burpee Co., Warminster, PA 18974; The Cook's Garden, Box 65, Londonderry, VT 05148; Shepherd's Garden Seeds, 7389 W. Zayante Rd., Felton, CA 95018; Vermont Bean Seed Co., Garden Ln., Fair Haven, VT 05743.

MICROWAVE ONE-DISH MEALS

Page 86: Casserole, Pyrex—Corning Glass Works, Corning, NY 14830. **Spoon**—Ecko, 9234 W. Belmont Ave., Franklin Park, IL 60131. **Plate and glass,** "Monaco"—Sodahl America, Inc., 600 Cleveland St., Suite 990, Clearwater, FL 33515. **Flatware**—Crown Corning, Division of Corning Glass Works (address above).

Page 87: Napkin—Trade Associates Group Ltd., 1476 Merchandise Mart, Chicago, IL 60654.

SUMMER FOODS TO GO

Page 88 (*top*): Salad bowl—Nissen, represented in U.S. by Scanagent, 28 Country Ridge Drive, Port Chester, NY 10573. **Napkin**—Asta, 18009-J Sky Park Circle, Suite B, Irvine, CA 92714. **(*Bottom*): Bowl**—Trans Duck International, 2636 Prindle, Belmont, CA 94002. **Spoon**—Oneida Silversmiths, Consumer Service Department, Oneida, NY 13421. **Glasses**—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247.

Page 89 (*top left*): Casserole—Beucler, P.O. Box 2382, Santa Ana, CA 92707. **Napkin**—Asta (address above). **(*Top right*): Napkin**—Asta (address above). **(*Bottom left*): Dish**—Hall China Company, East Liverpool, OH 43920. **(*Bottom right*): Cake pan**—Foley Company, 3300 Fifth Street, NE, Minneapolis, MN 55418.

Page 90: Plate—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611.

Page 91: Plate—Sasaki Crystal, 225 Fifth Avenue, New York, NY 10010. **Glass**—Epic Products Incorporated, P.O. Box 7861, Newport Beach, CA 92660.

PRIZE TESTED RECIPES

Page 113 (*left*): Casserole, "Napoli"—Thomas, distributed by Rosenthal USA Ltd., 411 E. 76th St., New York, NY 10021. **Wooden trivet**—Candles to Burn, 2801 Leavenworth, San Francisco, CA 94133. **(*Right*): Platter**—Bybee Pottery, Waco, KY 40385. **Glasses,** "Serenade"—Denby Ltd., Inc., 41 Madison Ave., New York, NY 10010.

Page 114 (*left*): Platter—Mitteldorfer Straus, Inc., 41 Madison Ave., New York, NY 10010. **(*Right*): Pie plate,** "Heritage"—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17401.

PICK-UP-AND-GO CRAFTS

Pages 126–127: Fabric, Gear Inc., "Shadow Dance"—Cohama Riverdale Decorative Fabrics, 200 Madison Ave., New York, NY 10017. **Crochet cotton,** "Cébélia"—DMC, 107 Trumbull St., Elizabeth, NJ 07206.

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SLICK NEW CEILING SYSTEM

QUICK AND EASY TO PUT UP YOURSELF

By Gayle G. Butler

Here's a new product that makes it easier than ever to cover up your stained, cracked, or flaking ceiling. We tried the Easy Up system from Armstrong and found it simple enough for even a novice to install.

You simply nail lightweight metal tracks to your existing ceiling, then attach decorative tiles or simulated wood planks with clips. We used the planks to cover a basement ceiling finished with drywall, but you can also apply the Easy Up system directly to the joists in a basement with an unfinished ceiling.



PERRY STRUSE

We put up a rustic, oaklike ceiling in less than a morning.

The manufacturer *guarantees* you can do it. If you damage materials in the process, your retailer will replace them for free.

WHAT YOU'LL NEED

Whether you choose the 12-inch square ceiling tiles or the 4-foot mineral-fiber planks, the tracks are sold separately. Kits include clear instructions and all the hardware required. All you'll need are some basic tools, safety glasses, wall molding, and molding nails.

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28 oz. can with ½ cup tomato salsa. Cover and bake till
bubbly. Top with sour cream and your favorite garnishes.
S&W's all natural **Brick Oven Baked Beans.**
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S&W

Write for our free Brick Oven Baked Beans cookbook. S&W Fine Foods, P.O. Box 5580, San Mateo, CA 94402.

house tonight.

COSTS

Our wood-look ceiling cost about $2.60 per square foot. This includes ceiling tracks (the package covers a 25-square-foot area and costs about $30), and ceiling planks (which come in packages containing 40 square feet and cost $56).



Nailing up the tracks.

1. INSTALL TRACKS

To install your new ceiling, start by positioning and nailing the metal tracks to the existing surface. The instructions tell you how to lay out the tracks at right angles to the joists. We had to locate the joists first by tapping on the ceiling until hearing a dull thud. Then, we marked the location and repeated the process to determine the run of the joists. If your ceiling is unfinished, it will be easier to position the tracks because the joists will be exposed. The exact track layout will depend on room size.



Slipping in the planks.

2. PLACE THE PLANKS

Once the tracks are up, you're ready to start installing the tongue-and-groove ceiling planks. Handle the planks carefully: Although the ceiling is sturdy once in place as a unit, we found that the tongues on the individual planks can be damaged easily in handling.



Clipping planks in place.

3. SNAP ON THE CLIPS

After you've positioned each plank, secure it with the metal clips that come in the kit. You simply snap a clip onto the metal tracks, then push it into the plank; the clip's sharp points slide over the tongue of the plank to hold it in place. Use two clips for each 4-foot section.

TIPS FOR SUCCESS

- The tools and supplies you'll need include a chalk line, measuring rule and pencil, hammer, utility knife, safety glasses, and nails long enough to penetrate the joists.
- Take planks out of the cartons 24 hours in advance so they can adjust to room conditions.
- Stagger the seams of the planks. Trim the last plank on each row to fit, then use the leftover portion to start the next row.
- When the ceiling is installed, trim the joint between ceiling and wall with wood molding. Paint the molding before you put it up to avoid getting paint on the planks.

TOUGH



Roaches and fleas are tough to kill.

TOUGHER



And once they become immune to ordinary insecticides, they're tougher, more resistant.

TOUGHEST



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RAID KILLS RESISTANT BUGS DEAD

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KEEPING THE SHINE ON VINYL FLOORS

HERE'S WHAT YOU NEED TO KNOW

No-wax or conventional vinyl

Conventional vinyl floors get their shine from a bottle; they need a finish for protection as well as appearance. No-wax floors are more durable, but depending on whether you have urethane or vinyl no-wax, you may want to apply a polish. Urethane needs only regular cleaning and rinsing, while no-wax vinyl requires cleaning and polishing if you want a high gloss.

Here comes the broom

The best defense against damage to the finish on your vinyl floor (whether no-wax or conventional) is daily sweeping and occasional damp mopping. Wash the floor with a mild, nonabrasive detergent such as Spic and Span, or use an ammonia solution in water.



ARMSTRONG WORLD INDUSTRIES INC.

Proper care will keep your vinyl floors looking their best and lasting longest.

Rinse and wipe the floor dry with a soft towel to restore the shine—or use a product such as Once 'n Done to eliminate the need to rinse. Urethane no-wax floors need no polish unless the shine is damaged, but you may want to use a clean-and-shine product such as Mop & Glo or Step Saver to add shine to a no-wax vinyl floor.

Strip and polish

If you use a clean-and-shine product, remove the finish about twice a year with a stiff-bristle brush and an ammonia/water solution. Rinse thoroughly and wipe dry. Make sure you are picking up the dirt, not just redistributing it. To reshine a stripped, conventional floor, use two thin coats of a polish like Future or Klear.

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FOR OUTDOOR PROJECTS

Right about now you and many other homeowners may be thinking how much more you would enjoy the balmy breezes of spring and summer if you only had a deck.

YOUR BEST WOOD CHOICES

- **Redwood:** The glorious color of new, all-heart redwood is often enough to sway buyers toward this species. It's naturally resistant to damage from the weather, but will weather gray if left unfinished.
- **Cedar** is an alternative that's attractive, strong, and sufficiently weather-resistant for outdoor use.

Though redwood and cedar are shipped to all parts of the country, they aren't always available in some communities. As a consequence, you may have to pay a small premium if you choose one of these two woods.

- **Pressure-treated wood** also is resistant to decay, thanks to a special process that forces preservatives deep into the fibers. The species usually treated are Douglas fir, pine, or hem-fir. And because they're so common, this type of lumber is likely to be the least costly wood you could use for your deck.

Because a variety of treatments is available, some pressure-treated woods retain their natural color tones, and others have a greenish color, caused by preservatives. But, like the other species, pressure-treated lumber gradually weathers to a pleasant gray if not coated with a pigmented finish. You may wish to let the wood go gray or you might prefer to apply an outdoor stain to create a deep, rich hue. Many stains also provide added protection from moisture and insects.

WOOD FASTENERS

To prevent stains of another sort, those from rusty fasteners, be sure to use hot-dipped galvanized nails when you get to the building stage. BHG



Pasta Saladventure Recipe: Surprising fare for a party of four. Cook a pound of multicolored, spiral-shaped fusilli. Arrange it on a bed of romaine lettuce, with a quarter-pound of salami cut into sticks. Add small zucchini and a yellow squash, sliced and steamed. Slice a small tomato and red onion. Cut yellow and red bell peppers into julienne strips. Garnish with black olives. Then crown it all with T. Marzetti's delicious Chunky Blue Cheese Dressing. Refrigerated fresh in your grocer's produce department.

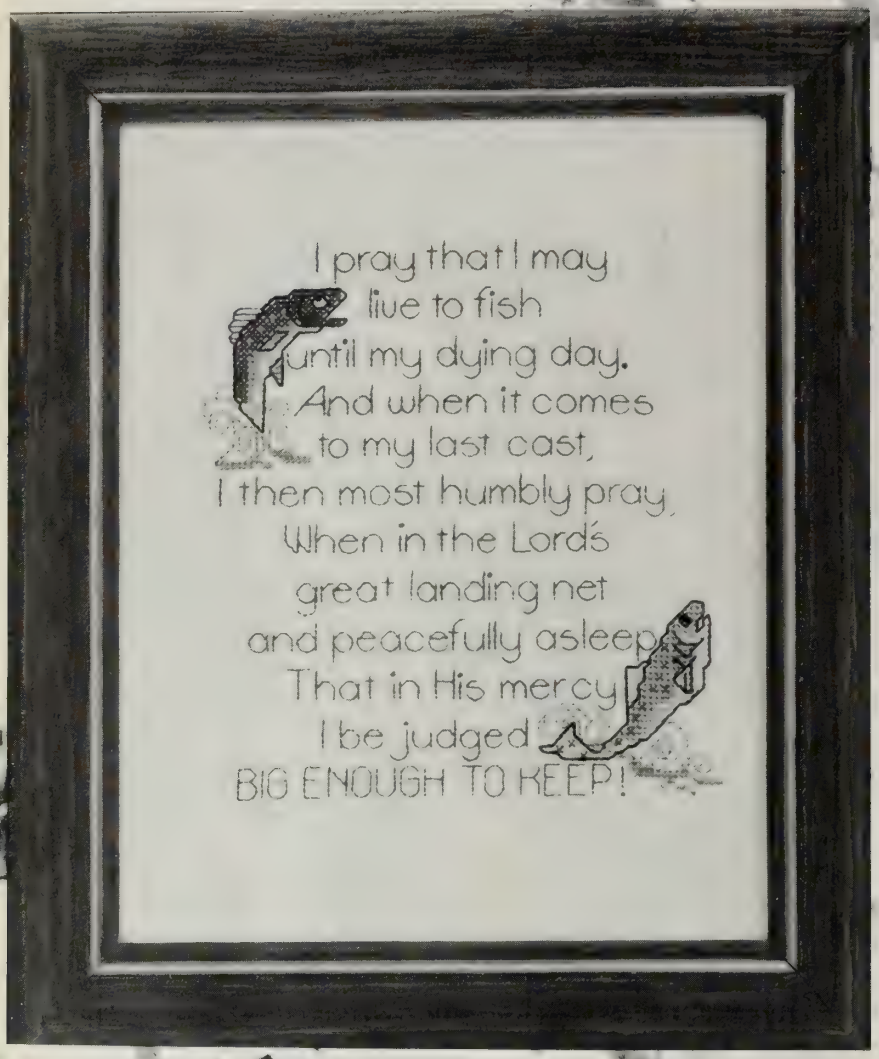
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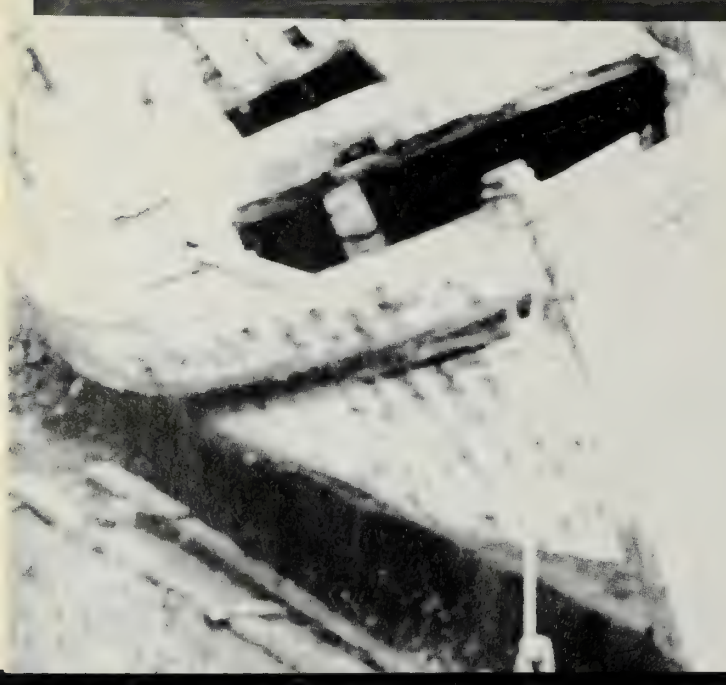
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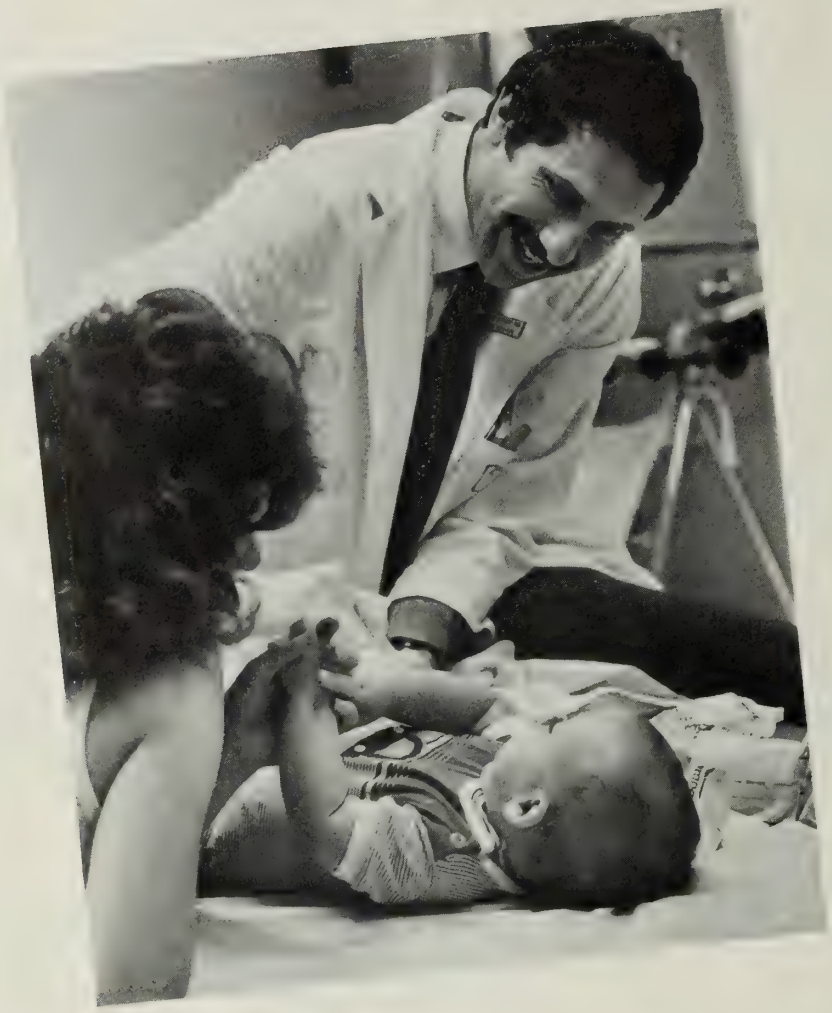
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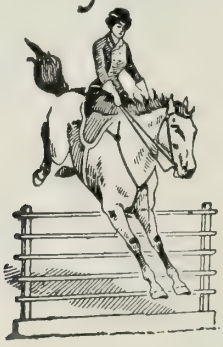
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Thirty-five blocks with border stripes give you a 45×59-inch quilt.



Designs: Tablecloth, Sara Jane Treinen; quilt, Susan Knight
Photographs: Perry Struse

QUILTING

All you need are fabric scraps, needle, and thread.

Even a novice can handle this parcel of piecework. Hand-stitch three 1¾×4¼-in. strips to make a unit, then sew four units together to make one quilt block. Stitch up as many blocks as you need for the size quilt you want. When completed, assemble the squares into the quilt top. Add backing and batting, quilting along all seams.

Buying information, page 123.
Instructions begin on page 129.



CROCHETED TABLECLOTH
Forty-nine crocheted squares plus a border make a 41-inch square.

CROCHETING

● *All you need is one crochet hook and nine balls of crochet cotton.*

This pretty crocheted block is a snap to master. Made from single, double, and a few treble crochet stitches, it's the basis for our lacy crocheted tablecloth. Make as many squares as you need and assemble the blocks by whipstitching them together. Finish the cloth by working the scalloped chain border around the outer edges.

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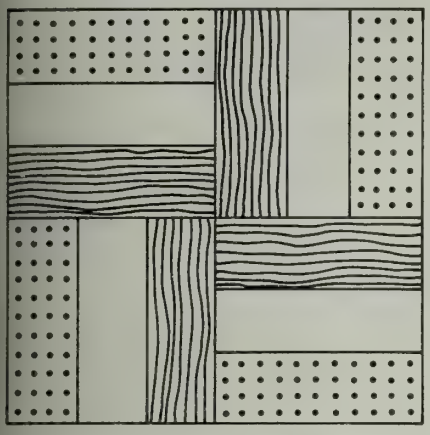
But Comet is tough on stains with its famous bleach-powered cleaners.

Try it. You'll see why Owens/Corning® and Elkay® recommend Comet for use on their Fiberglas® and stainless steel surfaces.

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continued from page 127

PIECED QUILT, page 126



Materials: 45-in.-wide fabric in the follow amounts: 1¾ yd. green, 1⅝ yd. yellow, 1½ yd. brown for borders; backing fabric in desired color to fit quilt top; assorted green, yellow, and brown fabric scraps for blocks; 50×65 in. batting; cardboard or plastic for template; water-erasable marker; sewing and quilting thread.

Instructions: Finished size, approximately 45×59 in. Quilt consists of 35 blocks that are each made from 12 strips of fabric.

Note: ¼-in. seam allowances included for all pieces.

Prewash all fabric. Cut the following borders: two 50×1⅜-in. and two 35¼×1⅜-in. from brown; two 36¾×3-in. and two 55×3-in. from green; two 59×2½-in. and two 41½×2½-in. from yellow. Set aside.

To ensure that each fabric rectangle used for the quilt will be the same size, carefully measure and cut rectangle pattern templates from cardboard or plastic lids. *Note:* Beginning patchworkers will find it helpful to work with *two* templates: one 1¾×4¼ in. to include the ¼-in. seam allowances for marking cutting lines and a second template 1¼×3¾-in. for marking stitching lines.

From remaining border fabrics and assorted scraps, mark and cut 140 strips each of brown, green, and yellow. Trace rectangles onto *wrong* side of each fabric, using the larger cutting template. Use either a very sharp No. 2 (soft) pencil, a water erasable marking pen, or a white wax pencil (good for marking dark fabrics).

Next, center and trace smaller (stitching line) template within each rectangle. Using very sharp scissors, cut out the pieces exactly along the cutting lines. Store together by color.

Handstitch 1 brown, 1 yellow, and 1 green strip together along stitching lines. See diagram (*above*) for placement. Repeat with remaining strips until all pieces have been assembled.

Form quilt block by stitching four 3-piece sections into a block with the brown strips at center. See diagram (*left*). Repeat to form 35 blocks.

Assemble blocks by stitching 7 strips of 5 blocks; join strips to form completed quilt top. Attach brown borders, then yellow, and finally green borders. Press entire quilt top.

Cut backing to fit quilt top, piecing as necessary. Layer backing, batting, and quilt top together with right sides to the outside. Pin all layers together, then baste in place. Quilt along all seamlines. Trim edges and bind with bias or straight strips cut from remaining green border fabric.

CROCHETED TABLECLOTH, page 127

Materials: 9 balls DMC Cébélia crochet cotton, Size 10 (1 ball makes 6 squares); size 7 steel crochet hook.

Instructions: Finished size, approximately 41×41 in., including edging.

To make squares: *(Make 49.)* Ch 6, join with sl st to form ring.

Rnd 1: Ch 3, work 19 dc in ring; join with sl st to top of ch-3 at beg of rnd.

Rnd 2: Ch 3, (yo, draw up lp in same st as join, yo, draw through 2 lps on hook) twice, yo, draw through 3 lps on hook; ch 2, **yo hook twice, draw up lp in next dc, (yo, draw through 2 lps on hook) twice; [yo hook twice, draw up lp in same dc, (yo, draw through 2 lps on hook) twice] 2 times; yo, draw through 4 lps on hook—3 trc-cl made.** Ch 2, **yo, draw up lp in next dc, yo, draw through 2 lps on hook; (yo, draw up lp in same dc, yo, draw through 2 lps on hook) twice; yo, draw though 4 lps on hook—3 dc-cl made.** * Ch 2, sk 2 dc, work 3 dc-cl in next dc, ch 2, work 3 trc-cl in next dc, ch 2, work 3 dc-cl in next dc; rep from * 2 more times; end ch 2, join to top of first dc-cl.

Rnd 3: Sl st into ch-2 sp, ch 5, * in top of trc-cl work dc, ch 2, dc; (ch 2, dc in next ch-2 sp) 3 times, ch 2; rep from * 3 more times working instructions bet ( ) 2 times on last repeat; end ch 2, join to third ch of beg ch-5.

Rnd 4: Ch 5, dc in next dc, * ch 2, in ch-2 corner sp work dc, ch 2, dc; (ch 2, dc in next dc) 5 times; rep from * 3 more times working instructions between ( ) 4 times on last repeat; end ch 2, join to third ch of beg ch-5.

Rnd 5: Ch 5, (dc in next dc, ch 2) twice; * in corner ch-2 sp work dc, ch 2, dc; (ch 2, dc in next dc) 7 times; ch 2, rep from * 3 more times working instructions bet ( ) 4 times on last repeat; end ch 2, join to third ch of beg ch-5.

Rnd 6: Ch 3, (2 dc in next ch-2 sp, dc in next dc) 3 times; * 3 dc in ch-2 corner sp; (dc in next dc, 2 dc in ch-2 sp) 8 times, dc in next dc; rep from * 3 more times working instructions bet ( ) 4 times on last repeat; join to top of ch-3.

Rnd 7: Ch 1, sc in same st as join, (ch 4, sk 2 dc, sc in next dc) 3 times; * ch 2, sk dc, 5 dc in next dc, ch 2, sk dc, sc in next dc, (ch 4, sk 2 dc, sc in next dc) 8 times; rep from * 3 more times working instructions bet ( ) 4 times on last repeat; end ch 2, dc in sc at beg on rnd.

Rnd 8: Ch 1, sc in lp just made, (ch 4, sc in next ch-4 lp) 3 times; * ch 2, 2 dc in first dc of 5 dc-grp, dc in next dc, 3 dc in next dc, dc in next dc, 2 dc in next dc, ch 2, sc in next ch-4 lp; (ch 4, sc in next ch-4 lp) 7 times; rep from * 3 more times working instructions bet ( ) 3 times on last repeat; end ch 2, dc in sc at beg of rnd.

Rnd 9: Ch 1, sc in lp just made, (ch 4, sc in next ch-4 lp) 3 times; * ch 2, 2 dc in first dc of 9 dc-grp, dc in next 3 dc, 3 dc in next dc, dc in next 3 dc, 2 dc in next dc, ch 2, sc in next ch-4 lp; (ch 4, sc in next ch-4 lp) 6 times; rep from * around; end ch 4, join to sc at beg of rnd.

Rnd 10: Sl st in next ch-4 lp, ch 3, 3 dc in same lp. (In next ch-4 lp work 4 dc) 3 times; * ch 1, dc in first dc of 13 dc-grp, (ch 1, sk dc, dc in next dc) twice, ch 1, sk dc, in next dc work dc, ch 3, dc; (ch 1, sk dc, dc in next dc) 3 times; ch 1, (in next ch-4 lp work 4 dc) 6 times; rep from * around; join to top of ch-3 at beg of rnd; fasten off.

Assembly: Block squares to measure 5½ in. square. Whipstitch squares together working through back lps of each stitch. Assemble 7 rows of 7 squares.

Border: *Rnd 1:* Join thread in dc to right of any ch-3 corner lp, ch 3, 3 dc in corner lp, dc in next dc. Working around cloth, work dc in *each* dc, dc in *each* ch-sp, and dc in sewing sts bet each row of squares; work 3 dc in each ch-3 corner lp. Join to top of ch-3.

Rnd 2: Ch 1, sc in same st as join, ch 2, 5 dc in center dc of 3-dc corner grp. ** Ch 2, sk dc, sc in next dc, * ch 4, sk 2 dc, sc in next dc, rep from * to next 3-dc corner grp; ch 2, 5 dc in center dc of 3-dc corner grp. Rep from ** to complete next side; work rem sides to correspond; end ch 2, dc in beg sc.

Rnd 3: Ch 1, sc in lp just made; ** ch 2, 2 dc in first dc of 5-dc grp, dc in next dc, 3 dc in next dc, dc in next dc, 2 dc in next dc, ch 2, sk ch-2 lp, sc in ch-4 lp; * ch 4, sc in ch-4 lp; rep from * to next 5-dc grp; rep from ** to work next side; work rem sides to correspond; end ch 2, dc in beg sc.

Rnds 4–6: Continue to work as established, working increases in first and last dc of each corner grp and 3 dc in each corner st. End as cited in Rnd 3—21 dc in each corner group at end of Rnd 6.

Rnd 7: Ch 1, sc in lp just made, 2 sc in ch-2 sp, sc in 3 sc, **ch 3, sl st in third ch from hook—picot made,** (sc in 4 sc, work picot) 3 times; sc in 3 sc, work picot, sc in 3 sc; 2 sc in ch-2 sp, sc in sc. In *each* ch-4 lp around work 2 sc, picot, 2 sc; sc in sc. Work remaining sides and corners to correspond; join to sc at beg of rnd; fasten off.

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- **National Wildlife Refuges** (Item 188R, $1.00) lists nearly 300 refuges. Ideal for nature lovers, the guide also offers advice on wildlife viewing.

Send the correct fee and item numbers to: ***Consumer Information Center, BHG, Pueblo, CO 81009.***

HEAD NORTH TO THE CALGARY OLYMPICS

Tickets and lodgings are still available

It's not too late to plan to attend the 1988 Winter Olympics, to be held in Calgary, Alberta, in February.

Although tickets for the most popular events (opening and closing ceremonies, figure and speed skating, and ice hockey finals) have long since sold out, some tickets for the February 13–28 games are still available.

Events to see

Tickets for some early-round hockey matches haven't sold out, yet. Other likely candidates for last-minute visitors are cross-country skiing, the biathlon (which combines nordic skiing and shooting skills), luge, and bobsled competitions. These sports—though exciting to watch—are less popular with North Americans, and they can accommodate large crowds, because all are held outdoors.

Prices range from $15 to $30 per event (Canadian). To check on last-minute availability, call ***403/270-6088.*** You'll be sent a ticket order form. Starting in October, VISA cardholders can order tickets over the phone, and they'll be sent to you directly.

Lodgings

If you can get tickets, you'll also be able to find a place to stay. Most of the hotel rooms in this northwestern Canadian city have been booked since early 1987. However, the ***Olympic Housing Bureau (403/262-6630)*** can match visitors with locals who will rent a room or a whole house. And, if you're willing to brave the wild winds of an Alberta winter, there's still space available at camping and RV parks.

For armchair athletes

Even if you can't make it to Calgary, you'll still be able to experience the thrills on television. ABC Sports plans to broadcast 98½ hours—the most ever for a winter Olympiad. BH&G

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It's official! TALKING TEDDY BEARS sold by competitive companies are now out-selling Cabbage Patch Kids™, GoBots™, Care Bears™, and virtually every other leading children's toy in America.

Demand is so great that even models introduced more than one year ago still sell for up to $79.50 in stores. But newer —and completely different—models have now arrived. Are they better? If so, how *much* better?

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To order, send your name and address on a sheet of paper with $9.95 for each TALKING TEDDY. Add $3 shipping per TEDDY. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM, Ltd.* Mail to: **RBM, 1987 TALKING TEDDY OFFER, Dept. 720-108, Box 1789, Hicksville, New York 11802.**

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THE SOUTHERN APPALACHIANS





FABULOUS FALL COLOR GREAT FAMILY FUN

By George Bush

Autumn explodes with splendor in the South. The highlands from Virginia to North Carolina, Tennessee, and Georgia resemble the work of an extravagant painter. Across range upon range of summits, color stretches to all horizons.

THE BEST TIME TO GO

The colorful autumn spectacle in the southern Appalachians starts in Virginia toward the end of September and speeds south as days grow shorter. The higher the elevation, the quicker the leaves turn. Dogwoods are the first to change; soon, maple and sourwood burst into flame. By early October, brilliant yellow bands of tulip poplar streak down the gilt and crimson slopes of the Great Smoky Mountains. Giant oaks, stalwarts of the southern woods, complete the palette with burnished bronze by late October.

No other forests north of the tropics abound with such rich diversity of plant life, each variety with its own vibrant hue. Some color usually remains well into November and even till Thanksgiving in the foothills of northern Georgia. To make sure you hit the peak foliage times, check with the information sources listed on the following pages.

This calendar isn't guaranteed, of course. Autumn sometimes dawdles, and occasionally a storm prematurely strips the glory. But the timing is close enough for the area's fall foliage festivals to be scheduled accordingly year after year.

For our Southern Appalachian tour, we picked one of the finest of these celebrations at Chattanooga, Tennessee. Other adventures we recommend are car tours through the north Georgia mountains and on Virginia's Skyline Drive and the Blue Ridge Parkway.

continued

PHOTOGRAPHS: LEFT AND BOTTOM RIGHT, FRANK J. MILLER; TOP RIGHT, GEORGE S. BUSH. ILLUSTRATION: JIM BUCKELS

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A super celebration loaded with old-fashioned fun



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TENN. DEPT. OF TOURIST DEVELOPMENT

Clowns and steam-train rides figure in Chattanooga's fall festivities.

To celebrate their foliage season, Chattanoogans stage boat parades through the Grand Canyon of the Tennessee River, where hardwoods of every tint cloak towering walls. Hundreds of vessels participate in these colorful processions. You can join the fun on the cruise boat *Southern Belle* or, better yet, rent a houseboat.

Either way, shortly after noon you reach a vast picnic area 39 miles downriver, where festivities are getting under way. The grounds reverberate with down-home clogging; mouth-watering aromas drift from cooking tents; country music twangs from outdoor stages. Kids get sticky on candied apples and vie for seats on wagons pulled by fast mules.

When dusk begins to cloak the mountains, houseboaters usually settle in for the night. The rest of the parade sails home with running lights.

The Fall Color Cruise and Folk Festival always are held the last two weekends in October. On the two middle weekends, there are all-day steam-train excursions into the Cumberland Mountains, with stops at a crafts fair. Plan your visit around the third October weekend to enjoy it all.

TENNESSEE TRAPPINGS

● **Fall festival particulars**—*Southern Belle* Color Cruise $17.50 a person (one way by boat, one way by bus): ***Chattanooga Riverboat Co., Box 4488-BHG, Chattanooga, TN 37405.*** Steam-train outing $49.50: ***Tennessee Valley Railroad Museum, 4119 Cromwell Rd., Chattanooga, TN 37421.*** Houseboats from $175 a day (also three-day and weekly rentals): ***Hale's Bar Marina, Box 247-BHG, Guild, TN 37340.***

● **Super side trip**—South of town looms Lookout Mountain, dappled with exquisite homes. On top sits Rock City, a labyrinth of stone formations (you can drive up or ride the Incline Railway). Inside the mountain is Ruby Falls, a subterranean cascade.

● **Choice family lodgings**—Chattanooga Choo Choo, an old train station turned hotel (doubles $60 to $80); Read House (doubles $63); Southern Inn (doubles $38). Kids stay free at all three.

● **Campgrounds**—Harrison Bay State Park and Chester Frost County Park, riverside near town.

● **Family restaurants**—At the Chattanooga Choo Choo, Morrison's Cafeteria, Eideon's and Bea's (all-you-can-eat), Backstage Playhouse (dinner theater), Narrow Bridge (gourmet).

Information — Chattanooga Visitors Bureau, 1001 Market St., Dept. BHG, Chattanooga, TN 37402 (800/322-3344, 800/338-3999 in Tennessee).

THE NORTH GEORGIA MOUNTAINS

Lazy days savoring the pleasures of yesterday



GA. DEPT. OF INDUSTRY & TRADE



DAHLONEGA-LUMPKIN COUNTY/GA. DEPT. OF INDUSTRY & TRADE

Take a leisurely hike or try your luck at gold panning in the mountains of North Georgia.

Gold discovered in "them thar hills" triggered a rush to Dahlonega, a backwoods Georgia town that became the site of the first U.S. branch mint. Though the mint has long since burned down, gold still lurks in Dahlonega's red dirt, and several old mines are open for panning—an experience that astounds and pleases grown-ups no less than kids.

You won't strike it rich, but you're almost sure to "show color" in your pan. You'll also enjoy the Historic Courthouse Gold Museum. Across the square, family-style southern meals served at the Smith House are lip-smackin' good.

No four-lane highways disturb the tranquillity of the rugged land around Dahlonega, a wilderness that's barely tamed. Forests are so dense that their foliage permeates everything with its fall colors. Make Dahlonega your headquarters and branch out from there. Moseying along woodsy country lanes, you emerge now and then onto open ridges where panoramas stretch to blue horizons.

On your explorations—all within 100 miles of Atlanta—don't miss Amicalola Falls, a 729-foot cascade that's among the highest falls east of the Mississippi, and Brasstown Bald, Georgia's highest peak. Till October 31, a minibus shuttles from the parking area to the peak's summit. A hiking trail hairpins up Amicalola Falls' gorge to Springer Mountain, southern terminus of the Appalachian Trail.

MOUNTAIN HIGHLIGHTS

● **Super side trips**—Brasstown, North Carolina, and the John C. Campbell Folk School, which teaches homesteading skills (camping available); State-348 (the Richard Russell Scenic Highway), a picturesque 8-mile stretch, to the Bavarian-style village of Helen.

● **Special celebration**—Dahlonega's annual Gold Rush Days, a rousing country festival the third weekend in October.

● **Choice family lodgings**—The old Smith House ($55 a night for two in October, less other months); secluded Forrest Hills Mountain Resort, cottages for two or more ($75 to $150 with meals on weekends, $50 to $115 midweek, no meals); Gold Dust Lodge ($25 to $30 double with breakfast); Mountain Top Lodge and Worley Homestead ($45 to $75 double with breakfast).

Information — Dahlonega-Lumpkin County Chamber of Commerce, Dept. BHG, Dahlonega, GA 30533; Georgia Tourist Div., Box 1776, Dept. BHG, Atlanta, GA 30301.

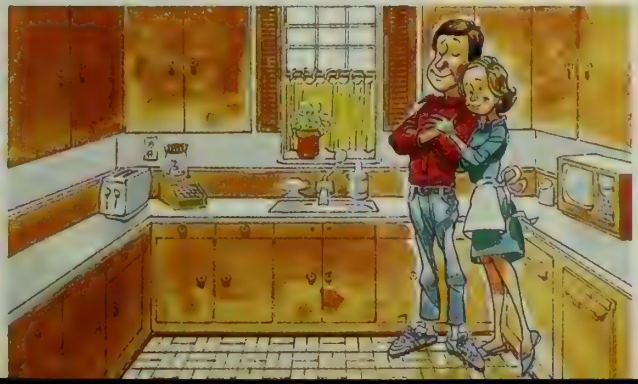
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HIGHWAY IN THE SOUTHERN SKIES

Autumn splendors stretching from Virginia to North Carolina

You'll be coming round mountain after mountain and climbing summit after summit on this marvelous tour by car along the lofty crest of the southern Appalachians. The trip starts with Virginia's Skyline Drive at the historical town of Front Royal, about 70 miles west of Washington, D.C., and ends 600 miles later at Great Smoky Mountains National Park.

Except for side trips, you'll travel through nature preserves all the way, beginning with Shenandoah National Park, which marks its 51st anniversary this year, and then the Blue Ridge Parkway. Driving south on the parkway, you rise higher and higher until, near Asheville, North Carolina, you almost hug the sky at 6,000 feet.



VA. DIV. OF TOURISM

Relax and relish the scenery or indulge in more lively autumn pastimes.



FRANK J. MILLER

Nature's finest shows

Roadside overlooks everywhere provide stunning panoramas. But don't be content with through-the-windshield sight-seeing. Foot trails lead from the roadways to idyllic spots far removed from traffic. Wondrous waterfalls also lie within easy hiking distance. Wildflowers of fall fringe nature walks.

At the loftiest elevations of the parkway, autumn adds a special touch. Mountain ash aflame with crimson leaves and berries flourish. The trees usually put on their most riotous displays in areas around Mt. Pisgah and Mt. Mitchell. The highest peak east of the Mississippi, Mt. Mitchell rises from a state preserve adjoining the parkway. A five-mile spur road brings you nearly all the way to its 6,684-foot summit.

En route sight-seeing

For a change of scene, take an underground detour. Caves that are open to visitors riddle the mountains of Virginia, North Carolina, and Tennessee. All these netherworlds of stalagmites and stalactites have their own unique features. At Skyline Caverns, you'll see rare calcium formations that resemble white orchids. Grand Caverns is where Stonewall Jackson quartered his troops en route to the Civil War battle of Chancellorsville.

There are indoor adventures along the parkway as well. Among them, exploring the Folk Art Center of the Southern Highland Handicraft Guild (just north of Asheville). The cornucopia of handcrafted items there includes everything from simple cornhusk dolls to exquisite quilts and furniture. Don't miss visiting Biltmore House and Gardens, the baronial estate of the Vanderbilts in Asheville.

THE HIGHWAY RUNDOWN

SKYLINE DRIVE

● **Choice family lodgings**—Two lodges, Skyland and Big Meadows, lie along this 105-mile route, which follows the crest of Shenandoah National Park (motel-type doubles $50 to $55, youngsters under 16 free; cottages for four $36 to $78, no cooking facilities). Horseback rides available at Skyland, and wagon rides offered at Big Meadows. Reservations: ***ARA Virginia Sky-Line, Box 727, Dept. BHG, Luray, VA 22835.***

● **Campgrounds**—Four located along the skyline route. They fill up fast on fall weekends, so get there early. Reservations taken only at Big Meadows Campground (or, order through Ticketron outlets). Information and Big Meadows reservations: ***Shenandoah National Park, Rte. 4, Box 348, Dept. BHG, Luray, VA 22835.***

● **Great hikes**—To Dark Hollow Falls (steep 1.4-mile round-trip trek) from milepost 50.7 along the Skyline Drive; to Hawksbill Mountain, the park's highest point (2 miles round trip and very steep) from milepost 46.7 along the Skyline Drive.

● **Fascinating caves**—Shenandoah Caverns near New Market; Skyline Caverns at Front Royal; Luray Caverns at Luray; Grand Caverns at Grottoes, Virginia.

Information—Virginia Division of Tourism, 202 N. 9th St., Suite 500, Dept. BHG, Richmond, VA 23219.

BLUE RIDGE PARKWAY

● **Parkway particulars**—Nearly 470 miles long and barely more than two lanes wide, the Blue Ridge Parkway, a national park in its own right, begins where the Skyline Drive ends. Dipping into hollows and climbing through the mountains, the parkway route is a delight whether you travel it all or only a section. Numerous roads also connect with the parkway, making it easy to enjoy interesting vacation side trips.

● **Super side trips**—Grandfather Mountain, a precipitous peak with attractions that include hiking trails, native wildlife, and hang-gliding exhibitions, accessible by toll road (turn off on US-221 near Linville, North Carolina); Linville Falls, two glistening cascades surrounded by autumn foliage (take US-221 at milepost 317.4); the Museum of North Carolina Minerals (take the Spruce Pine exit off of Rte. 226).

● **Choice family lodgings**—Excellent lodges open through foliage season: ***Peaks of Otter*** (doubles $54, youngsters under 16 free), ***Box 489, Dept. BHG, Bedford, VA 24523; Bluffs Lodge*** (doubles $47, extra persons $5), ***Route 1, Box 266, Dept. BHG, Laurel Springs, NC 28644; Pisgah Inn*** (doubles $50, youngsters under 8 free), ***Box 749, Dept. BHG, Waynesville, NC 28786.***

Motels, lodges, and restaurants can be found in communities accessible from the parkway, including a resort near Reed's Gap in southernmost Virginia: ***Wintergreen Resort, Dept. BHG, Wintergreen, VA 22958.***

● **Campgrounds**—Nine park campgrounds located along the route (no hookups, no reservations accepted).

Information — Superintendent, Blue Ridge Parkway, 700 Northwestern Plaza, Dept. BHG, Asheville, NC 28801; North Carolina Travel & Tourism, 430 N. Salisbury, Dept. BHG, Raleigh, NC 27611.

Free directory of attractions and facilities near the parkway: ***Blue Ridge Parkway Assoc., Box 475, Dept. BHG, Asheville, NC 28802.***

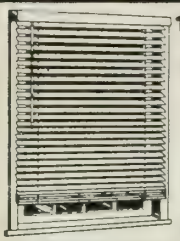
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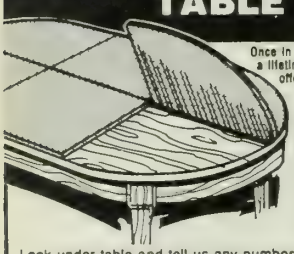
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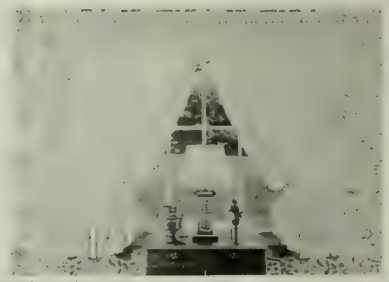
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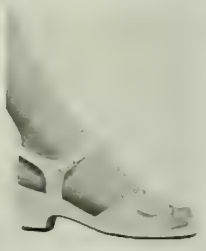
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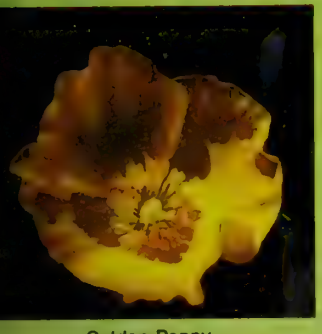
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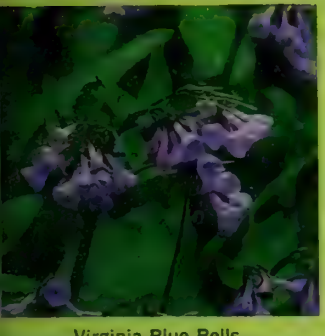
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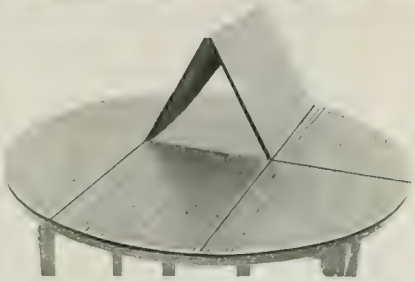


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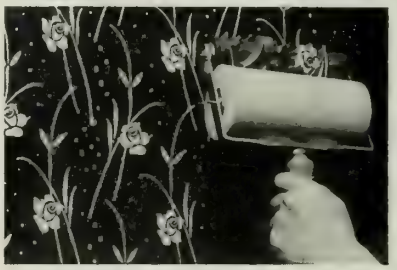
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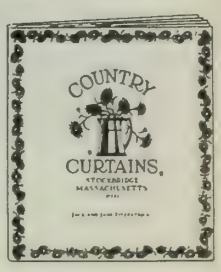
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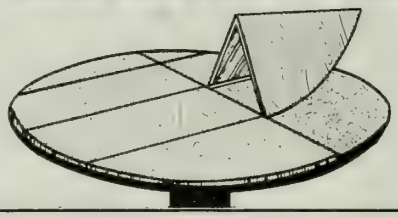
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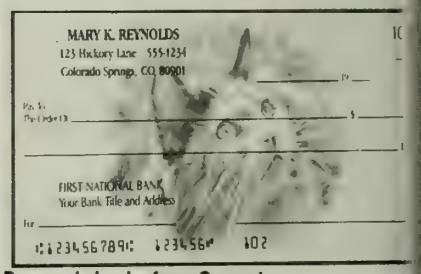
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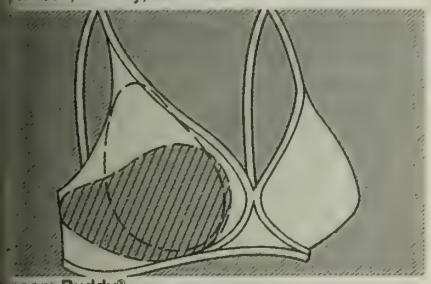
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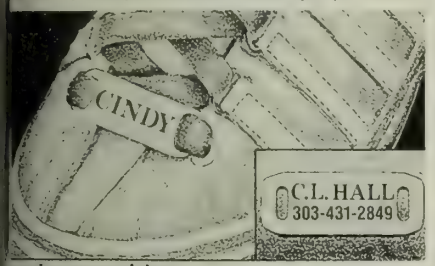
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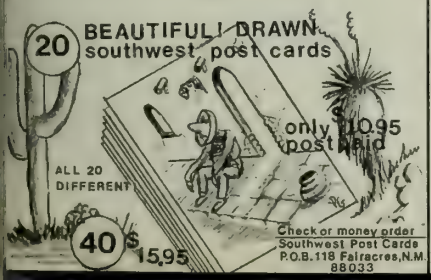


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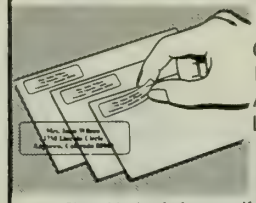
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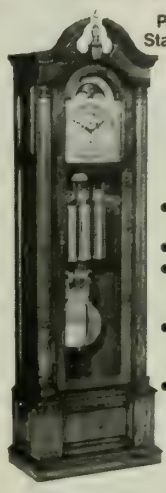
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THE MAN NEXT DOOR

Why do otherwise rational people spend five minutes making room in the dishwasher for a serving platter that would take about 30 seconds to wash by hand?

Chris recently bought one of those pocket-size calculators that will store addresses, telephone numbers, and appointments. "It would be perfect," she laughed, "if I could just program it to keep all of our grocery store coupons in order."

When my office mate Bill Minchin asked to borrow my paper during his coffee break, I told him it was a day old. "That's all right," he responded glumly, "So are these doughnuts."

Our Judy, 11, practically bubbled with enthusiasm as she described the trash compactor installed by the parents of one of her friends. "Designer garbage," she called it.

A postcard from Lee Bayless described new heights of summer cottage deprivation. "No croissants, no video stores, and, worst of all, no pizza deliveries," he lamented.

Ken Floyd believes fishermen are such good liars because they have so much time to sit and dream up the stories they're going to tell.



"Apparently you don't want to hear any more about my mother's spaghetti recipe."



"Television will never replace the daily newspaper," editor Earl Reeves asserted at a recent gathering, adding, "Have you ever tried to swat a fly with a rolled up TV?"

Why is it that no matter how often you move, the smoke from the barbecue grill gets in your eyes?

Congress says it understands the law of supply and demand, says Representative Nick Hanfli, but that doesn't keep it from supplying more laws than there is demand for.

Chris just sold a very small house on a very large lot to a young couple just recently married. "Loads of room to add to the house as they add to the family," she said with a smile.

I think summer is wearing thin on Uncle Dodd Buckner. "Hot enough for you?" I asked him the other day. "Why, are you in charge of the thermostat?" he responded.

I can't understand why we have such trouble growing grass in our front yard when it shoots up like a weed in every driveway crack.

"Year after year we go up to the lake cabin for a week," Chris reminded us about two months ago. "How about something else, this year?"

"Something exciting!" added Burt, Jr., "like one of those wild animal parks."

"No, like a trip to a Hollywood movie studio," countered Judy.

"I vote for rafting," said Chris. "The kids are old enough and it might be exciting shooting through the rapids."

"I kinda like the cottage," I said, standing firm for tradition.

After much debate—and a lot of research—we settled on the rafting.

With a bit of prodding, Burt and Judy really pitched in and helped. But despite the hard work and long days we put into the trip, it somehow seemed even more relaxed and enjoyable than usual. We returned thoroughly refreshed, renewed, and so mellow we almost couldn't stand it. We all seemed to be searching for the source of this feeling of well-being when Judy put it in words we'll never forget.

"I know we all love each other," she said, "but now I know that we really like each other, too."

Burton Hillis

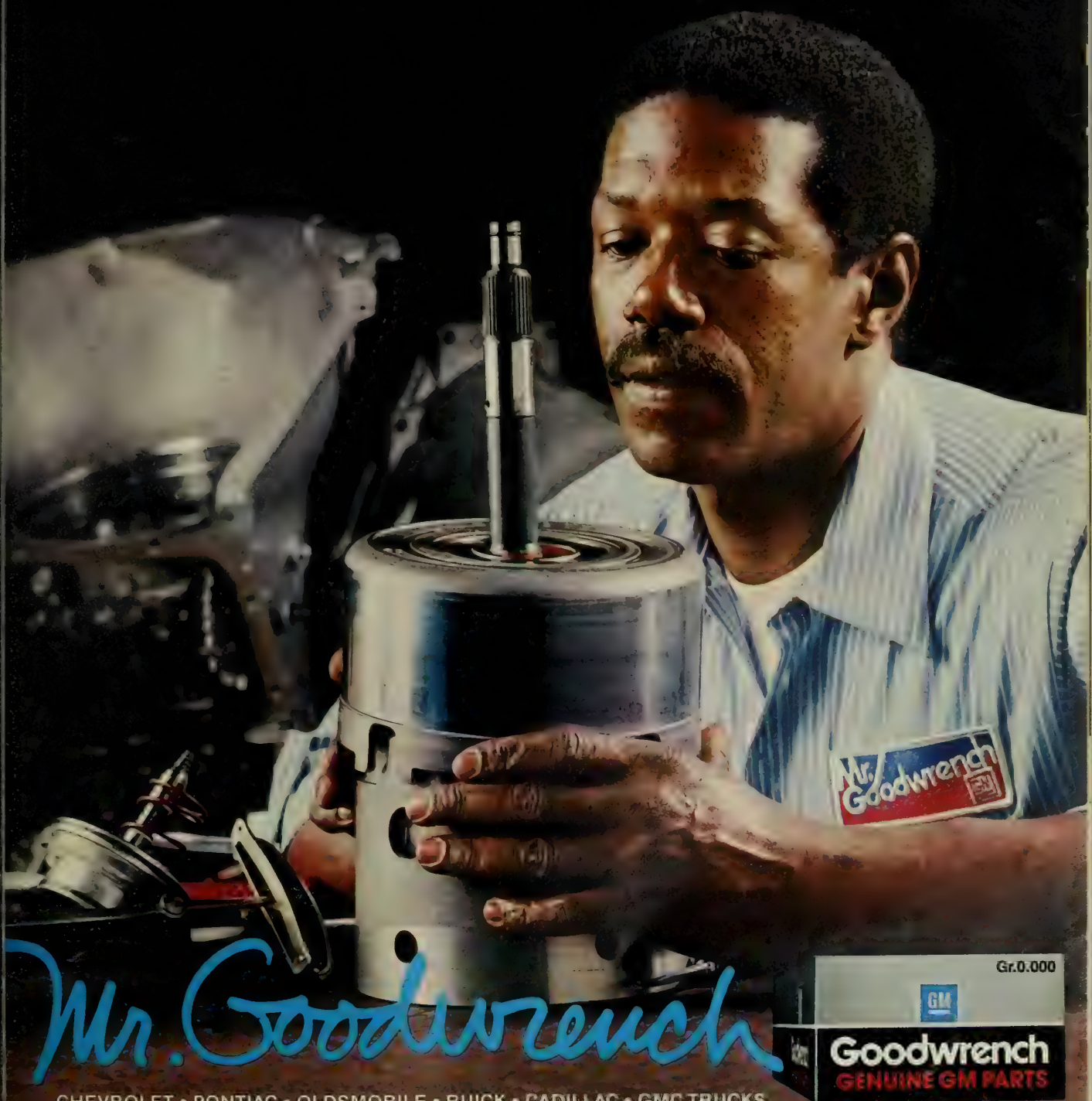
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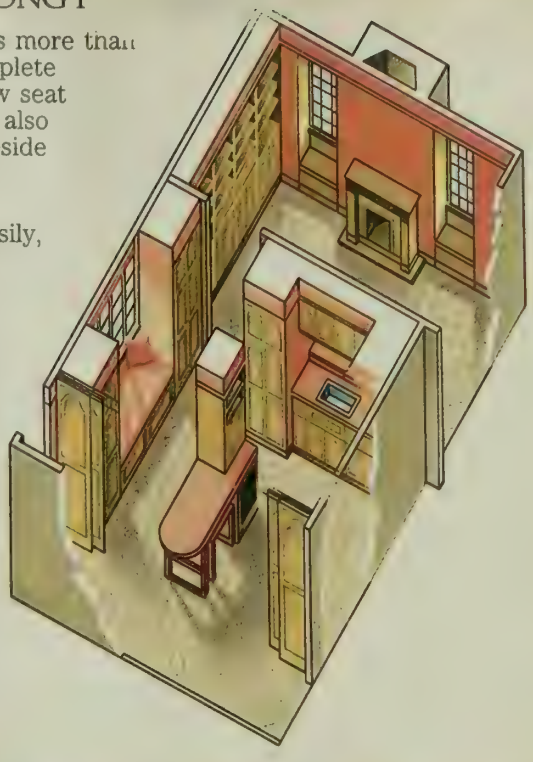


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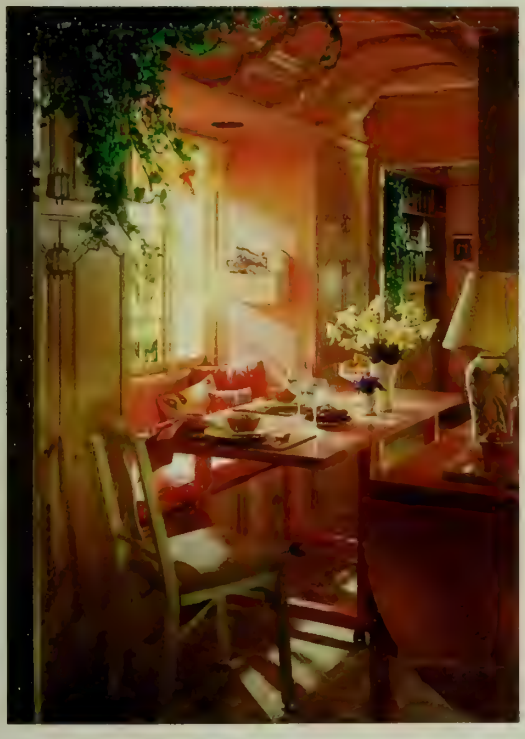
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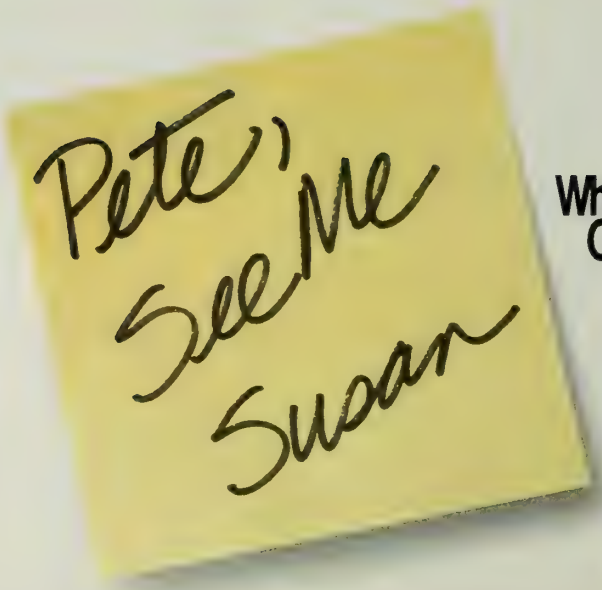
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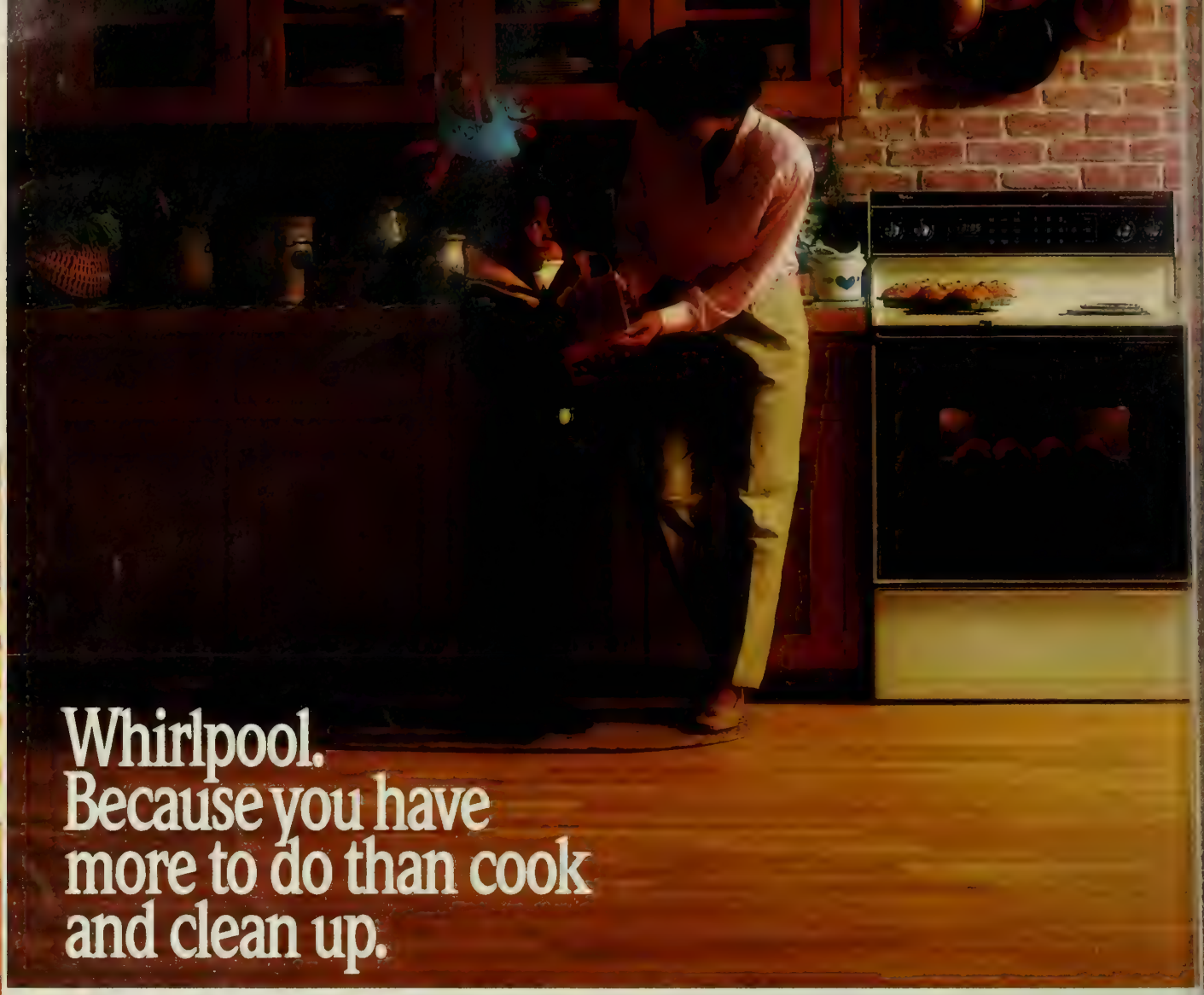
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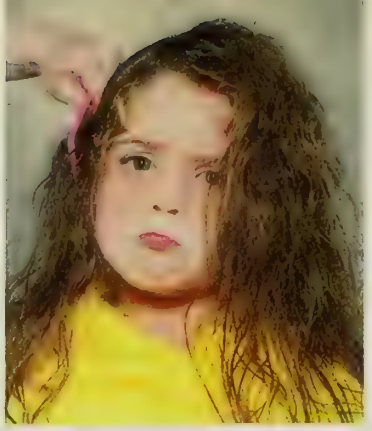
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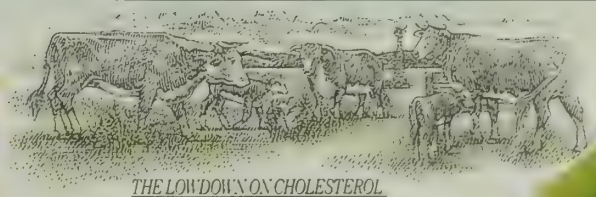
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Shopping Editor's Choice **162**

Good News For People Who Eat.

If your taste buds are not altogether excited about a future of organic fiber flakes, the beef industry would like a few words with you. Even a few from the U.S.D.A. Because the lowdown on beef is probably less than you think—lower in calories, leaner on fat, lighter on cholesterol than you would ever imagine. It's even faster to fix than your mother knows. So read on. And hang on to your forks.

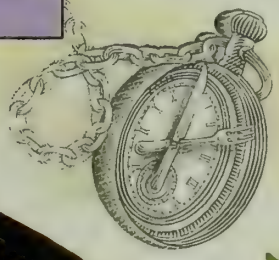


THE LOWDOWN ON CHOLESTEROL.

True fact: beef has only 76 milligrams of cholesterol in a 3-ounce serving. That's only average. Wonderfully average.

GOOD NEWS FOR PEOPLE WHO COOK.

No sauces, no fussing, no frou-frou. Beef doesn't need much help in the kitchen. To cut time, just cut big things in pieces. With stir-fries, sautees, kabobs and marinades, there's never a dull moment. Or a wasted one.



THIS IS YOUR BITE.

3 oz. of lean beef is under 200 calories. But for that fraction of a total day's calories, you get: • 46% of the adult man's RDA for protein • 59% of the adult woman's RDA for protein • 15% of the adult woman's RDA for iron • 40% of the adult RDA for zinc • 76% of the adult RDA for vitamin B-12



THE UNSATURATION POINT.

Over half the fat in beef is actually mono- or poly-unsaturated. That's why 3 ounces of tenderloin have only 3.1 grams of saturated fat out of 7.9 grams total. May your body and your taste buds make peace.



TERIYAKI BEEF STIR-FRY.

Preparation: 15 min.
Cooking time: 10 min.

Cut 1 lb. top round steak in thin strips. Marinate in 3 Tbs. teriyaki sauce, 1 Tbs. oil and 2 tsp. cornstarch 30 min. Stir-fry 2 bell peppers (¾" cube) and 6 green onions (2" pieces) in 1 Tbs. oil 3 min.; remove. Stir-fry beef (½ at a time) 2-3 min. Return all ingredients. Cook until hot. 4 servings.

Calories: 247 per serving; 162 from beef.



Figures are for 3-ounce servings, cooked and trimmed.

BEEF

© 1987 Beef Industry Council and Beef Board



ROUND TIP
6.4 gms total fat (2.3 gms sat. fat)*
162 calories



TOP LOIN
7.6 gms total fat (3.0 gms sat. fat)*
172 calories



TOP ROUND
5.3 gms total fat (1.8 gms sat. fat)*
162 calories

Beef.
Real Food For Real People.

Source: U.S.D.A. Handbook No. 8-13



EYE OF ROUND
5.5 gms total fat (2.1 gms sat. fat)*
155 calories



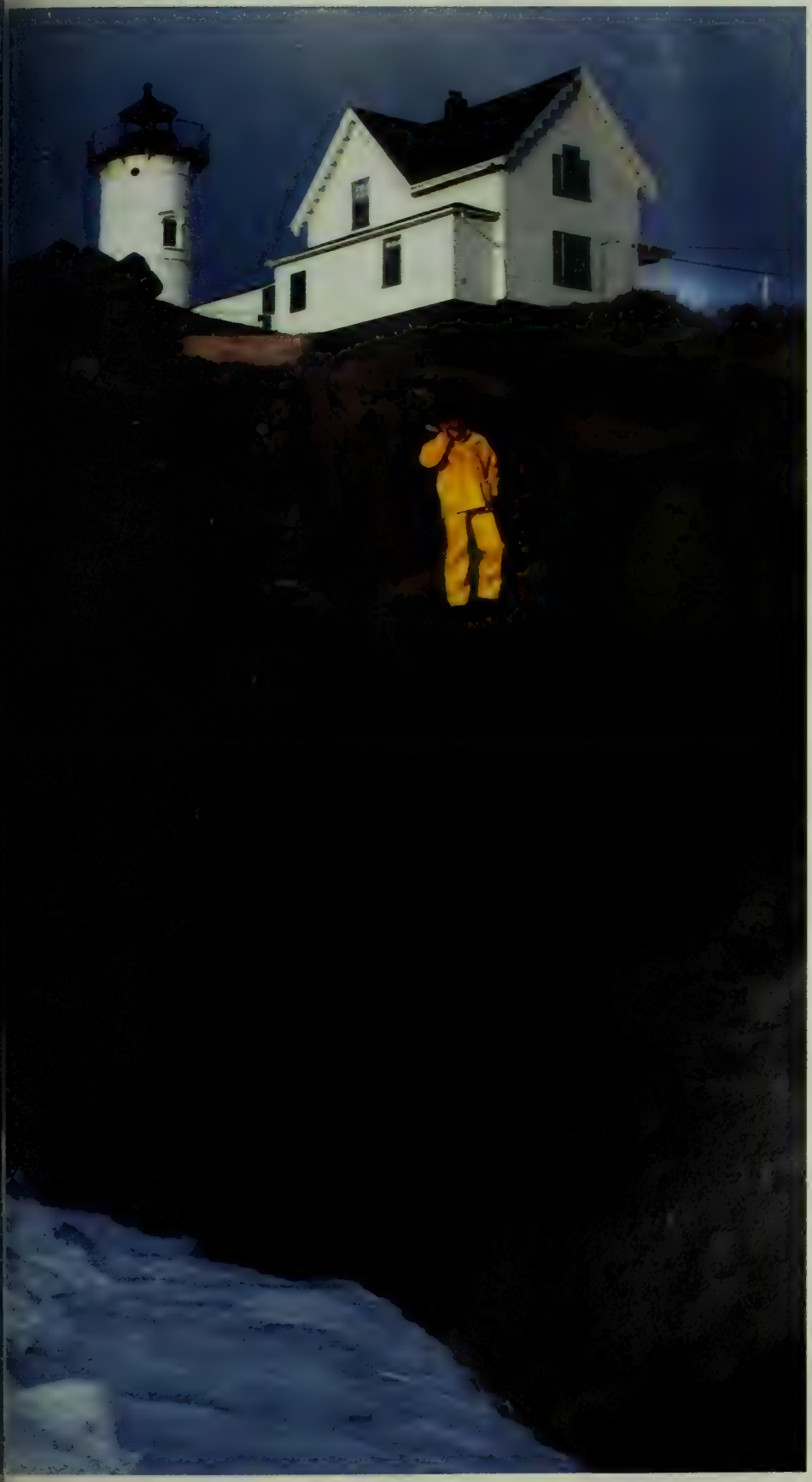
TENDERLOIN
7.9 gms total fat (3.1 gms sat. fat)*
174 calories



SIRLOIN
7.4 gms total fat (3.0 gms sat. fat)*
177 calories

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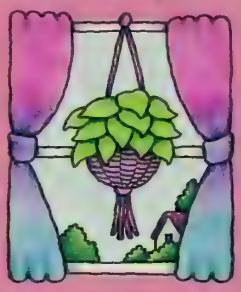
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EDITOR'S LETTER

10,500 RECIPE WINNERS

Dear Reader,

This marks the 50th year of one of the most popular features in *Better Homes and Gardens*®, our monthly Prize Tested Recipes contest.

Our Prize Tested Recipes, of course, are on those pages printed sideways in our magazine so you can cut them out, punch out the holes, and insert the pages in the proper place in your *Better Homes and Gardens* cook book.

In the 50 years of the contest, we've printed the names of some 10,500 winners. We think our contest, started in 1937 as "The Cooks' Roundtable," is the oldest continuous recipe contest anywhere.

We started out giving winners $5, then the prize went to $10 to eight cooks of the month. In 1967 the prize was raised to $50 for two cooks of the month and $25 for four honor roll winners. Today, the prizes are $100 each for two cooks of the month, and $50 each for two runners-up.

Our feature story on the contest in this issue showcases 50 of the best recipes from the 50 years of the contest, and also tells the stories of four recent contest winners.

Speaking of contest winners, I got the following charming letter just as we were putting the finishing touches on this issue:

Dear Better Homes and Gardens,

A local paper, THE WINDSOR STANDARD, recently printed this item from a 50 years ago edition:

Looking Back

Items taken from the files of THE WINDSOR STANDARD

50 YEARS AGO

Mrs. Bruce Evans, Windsor, was awarded a certificate of Recipe Endorsement by *BETTER HOMES AND GARDENS* magazine for her recipe for whipped cream cake. The certificate was awarded by the magazine to distinguish recipes with national recognition that pass its high standards for dependability, excellence of taste and family usefulness.



BRUCE EVANS

50 years of winning . . .

I was 20 years old. I thought it might be interesting to know if anyone else remembers being awarded a certificate. My husband and I recently celebrated our fiftieth wedding anniversary.

Thank you again,
Mrs. Bruce Evans

I immediately called Mrs. Evans and found her just as sweet to talk to on the telephone as her letter sounded. She told me that the recipe for whipped-cream cake had been developed in her family to use up the extra cream produced by their milk cows. We gossiped on for some time, and I finally hung up the phone with misty eyes, thinking of that lovely young bride of 50 years ago hopefully sending off her recipe.

That one conversation made all the statistics about the success of the recipe contest fade into insignificance. The best part of my job—of all of our jobs here—comes at those times when we realize that we touch your lives and you reach back to touch ours. It's what makes us work hard to create the very best magazine we can for you.

David Jordan

David Jordan, Editor


Worthington™
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SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.



RECESS.



Sailing in the Caribbean. Painting the town in New York. Sightseeing in Europe. Camping in the Rockies. Take your pick—or pick any other idea you have of the perfect recess — and Parliament could send you there.

There are five Grand Prizes in the Parliament "Perfect Recess" Sweepstakes—five $5,000 trips for two to wherever the winners want to go. Or you could win one of these other great travel prizes:

10 Second Prizes—"Perfect Recess" weekends for two, worth $1,000.
50 Third Prizes—$200 airline vouchers.
100 Fourth Prizes—$100 rental car vouchers.
200 Fifth Prizes—$50 traveler's checks.

Just follow the rules below and fill out the entry form. Mail it in and cross your fingers. That perfect recess you've been dreaming about could be coming true soon!

ENTER THE PARLIAMENT "PERFECT RECESS" SWEEPSTAKES AND YOU MAY WIN ONE OF FIVE $5,000 TRIPS FOR TWO.

Complete the information below. Mail to Parliament "Perfect Recess" Sweepstakes, P.O. Box 17014, Hauppauge, NY 11788.

SWEEPSTAKES RULES: By entering, you certify that you are 21 years of age or older. No purchase necessary. Sweepstakes open only to U.S. residents 21 years of age or older. Void where prohibited, and subject to all applicable laws. Entries must be received by October 31, 1987. All prizes will be awarded. Winners will be selected in a random drawing from all entries received by Advertising Distributors of America, Inc., an independent judging organization, and notified by mail on or about November 10, 1987. Judges' decisions are final. One prize per individual and per household. Odds of winning depend on the number of entries received. Winners may be asked to execute an affidavit of eligibility. Grand Prize trip for two includes all trip expenses up to $5,000. Second Prize weekend for two includes all trip expenses up to $1,000. All trips subject to availability of transportation and accommodations and must be taken by December 31, 1989. Sponsor reserves the right to eliminate inappropriate or unsafe destinations. Prizes are non-transferable, but winners may elect to receive the cash equivalent. Taxes are the sole responsibility of the winners. You may enter as often as you wish, but each entry must be mailed separately. To enter without an official entry form, print your name, address and age on a 3"x5" card and mail to the address above. Mechanically reproduced entries will be automatically void. Employees (and their families) of Philip Morris Inc., its affiliates, subsidiaries, and advertising and promotion agencies are ineligible. **For a list of winners (available after December 31, 1987), send a stamped self-addressed envelope to Parliament Winners List, P.O. Box 17055, Hauppauge, NY 11788.**



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14 reasons to eat oatmeal.



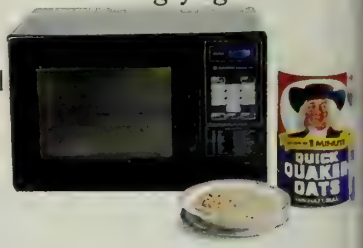
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5. Quaker Oats has just 100 calories per serving.
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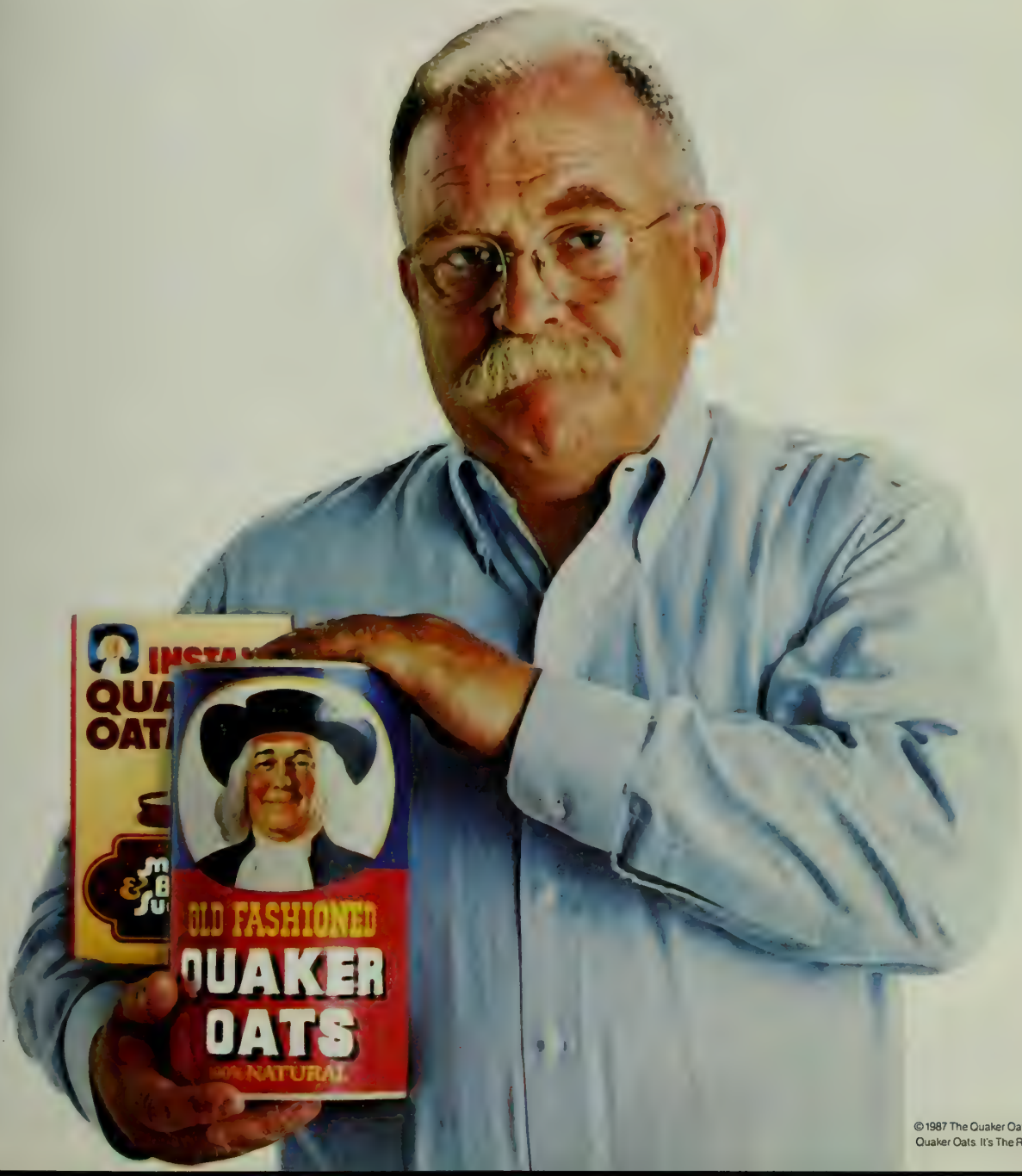
12. Instant Quaker Oatmeal, once a one-flavor food, now comes in 11 flavors—like Maple & Brown Sugar; Apples & Cinnamon; Raisins, Dates & Walnuts; and its luscious Fruit & Cream varieties: Peaches & Cream, Strawberries & Cream, Bananas & Cream, and Blueberries & Cream.



13. Quaker Oats costs about 7¢ a serving.
14. Think of what you'd be eating if you weren't eating oatmeal. Bacon, with its fat, and eggs, with their cholesterol. Doing the right thing is sometimes a matter of what you don't do.

1 reason to eat oatmeal.

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ARE AMERICAN FAMILIES FINDING NEW STRENGTH IN SPIRITUALITY?

Is a new generation of American families discovering profound new values in spiritual development, new togetherness, a new sense of what's important? We invite you and your family to say what you think. We'll report the findings in our January 1988 issue.

1. Do you think spirituality is gaining or losing influence on family life in America?

Gaining 11-1 ☐ Staying the same 2 ☐ Losing 3 ☐

2. How important is it to you that your spouse share your spiritual/religious beliefs? Your children?

	Your Spouse	Your Children
Very important	12-1 ☐	13-1 ☐
Somewhat important	2 ☐	2 ☐
Not important	3 ☐	3 ☐
No spouse/No children	4 ☐	4 ☐

3. Do you believe that you will be reunited with your loved ones after death?

14-1 ☐ Yes 2 ☐ No 3 ☐ Not sure

4. Is it possible to be a moral, ethical person without being spiritual/religious?

15-1 ☐ Yes 2 ☐ No 3 ☐ Not sure

5. Is it possible to be a spiritual person without being religious?

16-1 ☐ Yes 2 ☐ No 3 ☐ Not sure

6. How do you primarily pursue spiritual/religious development?

17 ☐ Attend church/temple/synagogue
18 ☐ Listen to/watch broadcast religious programs
19 ☐ Pray/meditate/study with a group
20 ☐ Pray/meditate/study alone
21 ☐ Other _____
22 ☐ None of the above

7. In recent years, do you find that you've:

23 ☐ Begun or intensified personal spiritual study and activities
24 ☐ Joined (or rejoined) a small group that shares your spiritual interest
25 ☐ Joined (or rejoined) a religious organization
26 ☐ Become closer to a religious organization
27 ☐ Quit a religious organization
28 ☐ Quit one religious organization and joined another
29 ☐ None of the above



FOUR BY FIVE INC

Families and religion: a search for meaning?

8. When dealing with everyday family matters, do you rely on your faith for guidance?

30-1 ☐ Often 2 ☐ Sometimes 3 ☐ Never

9. Are you involved in spiritual/religious matters *primarily:*
(Please check all that apply)

31 ☐ For a sense of connection/community with others
32 ☐ Because of a religious experience
33 ☐ Due to influence by friends/relatives
34 ☐ Because of a call from God
35 ☐ For moral guidance and strength
36 ☐ To strengthen family bonds
37 ☐ To achieve personal fulfillment
38 ☐ To deal with everyday life
39 ☐ For forgiveness, relief from guilt
40 ☐ Because of intellectual reflection and conviction
41 ☐ Other _____
42 ☐ Not involved

10. Which of the following activities are *most* important in your family's spiritual development? *(Please check all that apply)*

43 ☐ Praying together
44 ☐ Attending organized religious services
45 ☐ Being members of a church or temple
46 ☐ Working toward inner sense of peace/well-being
47 ☐ Contributing time and/or money
48 ☐ Reading Scripture
49 ☐ Sharing your belief
50 ☐ Following moral principles
51 ☐ Being politically/socially active
52 ☐ Reflecting on meaning of life
53 ☐ Seeking oneness with nature
54 ☐ Participating in Scripture study or discussion groups
55 ☐ Watching or listening to broadcast religious services
56 ☐ Other _____
57 ☐ None of the above

continued

continued

11. How often do you attend religious services?

58-1 ☐ More than once a week
2 ☐ Once a week
3 ☐ At least once a month
4 ☐ On major holidays and holy days
5 ☐ Seldom/never

12. How often do you or other members of your family watch televised religious programs or listen to them on the radio?

59-1 ☐ Daily
2 ☐ At least once a week
3 ☐ At least once a month
4 ☐ Seldom/never

13. Faced with a spiritual dilemma, what *most* guides you?

60 ☐ Clergy
61 ☐ Scripture
62 ☐ Friends
63 ☐ Religious group/community
64 ☐ Prayer/meditation
65 ☐ Your own conscience
66 ☐ Other _____
67 ☐ None of the above

14. Thinking of the times you've felt closest to God, were they: *(Please check all that apply)*

68 ☐ In meditation/prayer
69 ☐ In time of crisis/danger
70 ☐ In time of great joy
71 ☐ In spiritual/religious services
72 ☐ In communion with nature
73 ☐ Other _____
74 ☐ Haven't felt close to God
75 ☐ Do not believe in God

15. Overall, do you think that organized religions are sensitive to the spiritual needs of today's families?

76-1 ☐ Yes
2 ☐ No

16. What do you *most* want from a religious organization? *(Please check all that apply.)*

11 ☐ Spiritual development
12 ☐ Self and/or societal improvement
13 ☐ The meaning and/or comfort of ritual
14 ☐ A sense of serenity
15 ☐ Ceremonial support for baptisms, funerals, weddings, bar mitzvahs, etc.
16 ☐ A loving, caring group of friends
17 ☐ intellectual stimulation
18 ☐ A path to salvation
19 ☐ Other _____
20 ☐ Do not belong to religious organization

17. Do you regard AIDS as:

21-1 ☐ Solely a medical problem
2 ☐ A medical problem as well as a moral issue
3 ☐ The wrath of God in response to immoral acts

18. Should religious leaders and organizations be involved in:

	Yes	No
The global peace movement	22-1 ☐	2 ☐
Addressing issues of abortion	23-1 ☐	2 ☐
Selecting/eliminating public school textbooks	24-1 ☐	2 ☐
Setting ethical guidelines for the use of extraordinary medical technology	25-1 ☐	2 ☐

19. Do you believe in God?

26-1 ☐ Yes
2 ☐ No
3 ☐ Not sure

If yes, do you believe in:
27-1 ☐ A personal God
2 ☐ God as a force, idea, or principle

20. Is religion a source of conflict between you and your spouse?

28-1 ☐ Often
2 ☐ Sometimes
3 ☐ Never
4 ☐ No spouse

21. Are you more or less spiritual/religious than your parents?

More	About the same	Less	Not religious
29 ☐	30 ☐	31 ☐	32 ☐

22. Do you believe in:

	Yes	No
A heaven	33-1 ☐	2 ☐
A hell	34-1 ☐	2 ☐
A spiritual/astral realm	35-1 ☐	2 ☐

23. Do you believe in:

	Yes	No	Not sure
Eternal life	36-1 ☐	2 ☐	3 ☐
Miracles	37-1 ☐	2 ☐	3 ☐
Direct communication from God to an individual	38-1 ☐	2 ☐	3 ☐
Reincarnation	39-1 ☐	2 ☐	3 ☐
Channeling messages/lessons from spirits	40-1 ☐	2 ☐	3 ☐

24. Do you think that prayer and meditation can lead to miraculous cure of disease?

41-1 ☐ Yes
2 ☐ No

25. If you share your religious/spiritual beliefs with others, do you: *(Please check all that apply)*

42 ☐ Discuss one-on-one
43 ☐ Teach religious classes/Sunday school
44 ☐ Serve as a missionary
45 ☐ Participate in a study group
46 ☐ Involve others in a religious/spiritual activity
47 ☐ Live a moral lifestyle
48 ☐ Other _____
49 ☐ Do not care to share my beliefs
50 ☐ No religious/spiritual beliefs

26. Your religious affiliation is: _____ 51-52
☐ No religious affiliation

27. Who answered this questionnaire?

53-1 ☐ Man
2 ☐ Woman

28. Your age is: _____ **years.** 54-55

29. Are you:

56-1 ☐ Married
2 ☐ Widowed
3 ☐ Single/never married
4 ☐ Separated, or divorced

30. Do you have children:

57 ☐ 12 years and under
58 ☐ 13 to 18 years
59 ☐ 19 years and over
60 ☐ No children

31. What is the highest level of education you have completed?

61-1 ☐ Grade school
2 ☐ Some high school
3 ☐ Graduated high school
4 ☐ Some college
5 ☐ Graduated college
6 ☐ Postgraduate work

32. Your state of residence is: _____ 62-63

33. Do you live in a:

64-1 ☐ Big/medium-size city
2 ☐ Suburb
3 ☐ Small town
4 ☐ Rural area

34. Is your family income (before taxes):

65-1 ☐ Less than $20,000
2 ☐ $20,000 to $34,999
3 ☐ $35,000 to $49,999
4 ☐ $50,000 and over

PLEASE CLIP OUT AND MAIL TO: *Better Homes and Gardens American Family Questionnaire,* P.O. Box 10801, Des Moines, IA 50336.

If you have additional comments or care to tell us what motivated you to complete this questionnaire, we invite you to send them along with your questionnaire on a separate sheet of paper. We will, of course, respect your confidentiality. We thank you for participating in this important survey.



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When this gleaming skillet becomes part of our Commercial Cookware line, the suggested retail price will be at least $72. But right now, it's our gift to you—a big incentive if you are about to buy or give a food processor anyway.

Each specially marked box contains a certificate. Simply mail it to us and we will send you the skillet.

The skillet is both beautiful and practical. With it you can make perfect omelets, lacy crepes and browned, juicy steaks, plus au gratin and other dishes that can be started on the burner, finished in the oven or under the broiler and served from the skillet itself.

Its beauty will last and retain its jewel-like finish through a life-time of use.



THE CUISINART 10 PLUS FOOD PROCESSOR.

The 10 Plus takes up less counter space than an 8 inch brownie pan. And it's child's play to use, easily performing many difficult tasks. The 10 Plus features a powerful Cuisinart motor, is equipped with superior slicing discs and exclusive features like our Large Feed Tube.

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*Offer at participating dealers for one month or as long as supplies last.

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Home (top) - Nelson J. Chatelain, New Orleans. Each firm independently owned and operated. ©Copyright Meredith Corporation 1987.

THE LIVING SYMBOL OF OUR NATION'S FREEDOM

AMERICAN MAJESTY

BY RONALD VAN RUYCKEVELT



Commissioned by
The Franklin Mint in honor
of the U.S. Constitution's
200th anniversary.

AMERICAN MAJESTY. An exhilarating tribute to our heritage and liberty. An American masterpiece by Ronald Van Ruyckevelt, whose works have been presented to such world leaders as President Kennedy, Queen Elizabeth II and the Emperor of Japan.

Experience his genius. In a sculpture as powerful as the American eagle. A new and original work of art—*individually handcrafted and hand-painted*—in imported porcelain of exceptional quality.

American Majesty by Ronald Van Ruyckevelt. A sculpture destined for glory. Available exclusively through The Franklin Mint.

Shown smaller than actual size of 15-1/2″ in height including hardwood ba

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To acquire, mail by September 30, 1987.

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Franklin Center, PA 19091
Please enter my order for *American Majesty,* an original work of art in fine hand-painted porcelain, at the issue price of $195.*

I need send no money now. I will be billed in five monthly installments of $39.* each, with the first payment due when my sculpture is ready.

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The Franklin Mint

ENTERTAINING ALMANAC

A HOST OF EASY TIPS AND IDEAS FOR IMAGINATIVE TABLE SETTINGS

By Jim Williams and Jilann Severson



..SILVER....

THE PROVERBIAL SILVER SPOON

Sterling favorites

Even if you weren't born with a silver spoon in your mouth, old, ornate pieces are perfect accents for your table. Put Great-Grandma's treasures into action as assorted dessert spoons, serving pieces, or a sugar spoon. A touch of class, and memories, too!

ENTERTAINING SNAP • SHOT

Home entertaining how-to and idea books are the fastest growing category of books being sold today, according to *The Los Angeles Times*.



PHOTOGRAPHS: SCOTT LITTLE

..... ANTIQUES .....

USE YOUR HEIRLOOMS

Vintage tableware with personality

Whether you bolster your everyday wares with one or two inherited treasures or set a table with an entire mix of antique pieces, you'll have a look that's all your own. No family silver? Get the look with finds from antiques shops and flea markets. Odd pieces can be found for as little as $1 or $2.

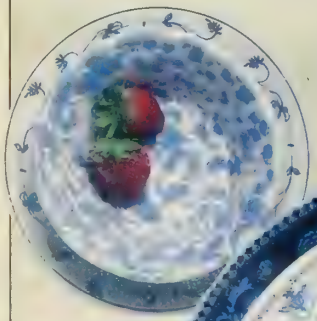


Old pieces of china with delicate hand-painted flowers make perfect saucers for desserts and sherbets.

..... PERSONAL STYLE .....

MIX AND MATCH

Collect what you like and put it all together.





You'll find more and more tables set with a mix-and-match look.

Create your own set of tableware by collecting odd pieces that carry a personal touch.

Want to get started? Blue and white is the easiest. Antique and just-plain-old pieces abound. Expect to pay $30 or more for a quality antique plate; not-so-special-but-just-as-much-fun finds can be had for around $3.

continued



Find out if he really bought that sports car. Call the U.K.

You never can tell with Simon. He's always been a talker. But he's always had a wild side, too. Why not give him a call, and find out what crazy thing he's up to now? With AT&T International Long Distance Service, it costs less than you'd think to stay close. So go ahead. **Reach out and touch someone.®**

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*Average cost per minute varies depending on the length of the call. First minute costs more; additional minutes cost less. All prices are for calls dialed direct from anywhere in the continental U.S. during the hours listed. Add 3% federal excise tax and applicable state surcharges. Call for information or if you'd like to receive an AT&T international rates brochure **1 800 874-4000.** © 1987 AT&T

AT&T

The right choice.

continued

FLATWARE

HIGH-TECH FLATWARE

Clean lines, bold colors



"Electra" stainless steel flatware by Sasaki.

The high-tech movement cuts into the tabletop market! Sleek lines, bright colors, and new wave materials such as anodized aluminum and plastic bring a radical change to the dinner table. These trendy accessories zap your table into the 21st century.

CENTERPIECES

THE CENTER OF ATTENTION

Casual arrangements of everyday items



Let feathers and dried hydrangeas tickle your fancy.

Centerpieces are a must, but bypass contrived floral "arrangements" and go for casually thrown together garden beauties or favorite household objects. Just open your eyes—the possibilities are endless!

Follow our lead and try pheasant feathers and dried hydrangeas in a silver pitcher for an elegant arrangement. Or hollow out gourds, squash, or pumpkins for a last-minute table decoration.

Hollowed-out squash hold bright colored flowers.





NAPKIN RINGS

RUN CIRCLES AROUND LINENS

Classy little additions

Skip the napkin-folding courses. Today's tables go casual with linens tucked into assorted napkin rings. Whether your rings are a handcarved rooster, polished silver, or simple ribbon or string, they create a comfortable setting. Say good-bye to those stuffy pleated folds and fans or coiled cornucopias that we are all afraid to take apart.



NAPKINS

TABLETOP GLAD RAGS

Something for every taste

Make guests feel special with crisp cloth napkins. Ironing takes only minutes, and the result is well worth the effort.

Let your collection run the gamut—from lace and linen to handweaves, quilt squares, florals, bandannas, even dish towels. Just a change from pink to tweed or posy to plaid alters the whole mood of your table. BH&G


VANDERBILT
by Gloria Vanderbilt
Let it release the splendor of you.

Electric Train Sets only $5



As part of a nation-wide publicity campaign, a leading New York firm will give away its best-selling set of battery operated electric trains—the nationally advertised GFX™ TRANSAMERICAN GOLDEN EAGLE FLYER™—for the astonishing price of only $5 each to every person who writes to the company address (below) before Midnight, October 31, 1987.

These are the same GFX "GOLDEN EAGLE" electric train sets nationally advertised by us in leading media throughout America. They are the fastest-selling set of electric trains currently being sold by this multi-million-dollar firm. *Yet your price is just $5 for the complete set.*

Each set includes an independently battery powered turn-of-the-century locomotive—pulling a coal tender, boxcar and caboose. Also included are 8 sections of modular tracks and a dual position lever-switch that shunts the entire train from track-to-track and from curve to straightaway. You also get colorful cardboard cut-out figures of passengers, a uniformed trainman, a period style railroad station, phone booth, trainmaster's office, even signal posts, stop signs and yard posts!

You control every operation with a flick of your finger

You can couple the cars or uncouple them, switch locomotive power on or off—all with easy finger action. Able to run continuously from noon to midnight (a full 12 hours) on just one ordinary alkaline "AA" flashlight battery *(not included)* the entire set is so easy and safe to operate that it is *manufacturer-rated for children as young as age 3.* (That is, if they can get it away from Daddy!)

The total track area circumscribes an impressive 240 square inches in area. But you can make it bigger—much bigger. That's because the track is modular, so you can put two or more sets together, creating huge "super-systems" with *multiple* trains running at the same time.

Stage your own crashes and "catastrophes"!

Imagine the excitement of two trains hurtling towards each other "full steam ahead"—and coming together in a spectacular collision that flings them violently from their tracks ...*with absolutely no damage to trains or passengers.* Simply replace the trains on the track and send them on their merry way again.

Is it any surprise that this is the fastest-selling set of electric trains ever sold by this multi-million dollar company. *Yet your publicity price is only $5 for the complete set.*

Not available from us at this price in any store

These electric train sets will *not* be sold at this or any price by the company in any store. There is a limit of two (2) sets per address at this price. But if your request is mailed early enough (before Oct. 25) you may order up to 7—*enough to build a "super-system" that will turn friends green with envy.* Every set covered by full one-year money-back guarantee.

To order, mail your name and address on a sheet of paper and $5 for each set (Request Item R44300). Add only $2 shipping no matter how many sets you are ordering. (N.Y. residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, TRAIN OFFER, Dept. 720-110, Box 1782, Hicksville, New York 11802.**

BONUS OFFER Farmland Set—Over 50 pieces—Only $3 Extra



Only $3 extra with train set. Simply request Farm Set (Item R46620), state how many Farm Sets desired and add $3 per Farm Set requested to your payment.

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(R46630)

Why we give this $15 Dobosh Torte FREE to new customers...



SEND ~~$2~~ FOR NEW 200 PAGE CATALOG PLUS ~~$15~~ DOBOSH TORTE OFFER.

FREE – if you respond before Oct. 31, 1987!

NOW! You can enjoy this $15 Dobosh Torte FREE with your first order from The Swiss Colony. Why do we make this offer? Because once you've enjoyed this irresistible pastry, we hope you'll become a loyal and valuable customer.

This generous 2 lb. Dobosh Torte is just one of over 1,000 "Gifts of Perfect Taste" you'll find in our new 200-page catalog... and we think it's the best way to introduce you to The Swiss Colony. Also, when you reply early, we can plan better–and the savings that result help pay for our free offer.

In the catalog you'll discover the world's finest cheeses, sausages, chocolates, irresistible pastries, incomparable meats, and more–including a dazzling array of Christmas decoratives and collectibles. Something just right for everyone on your shopping list.

TWO INTEREST-FREE CREDIT PLANS

Order anytime and pay next February–or, if you prefer, spread your payments up to 10 months. Either way, *no interest charged* and *no down payment required.*

Send for your FREE catalog by using the postpaid card attached. (If card is missing, write The Swiss Colony, Dept. WIA, Madison, WI 53794-0003.)



The Swiss Colony

of Monroe, Wisconsin

Originators of fine food gifts by mail since 1926.

THIS SIDE OF THE FLOOR IS DRY.

When a lot of cleaners dry, you know it. They can leave your floor looking streaky and dull.

ANOTHER LEADING CLEANER

THIS SIDE OF THE FLOOR IS DRY, TOO.

NEW MR. CLEAN DRIES VIRTUALLY STREAK FREE, SO IT LOOKS SHINY WET, EVEN WHEN DRY.



NEW MR. CLEAN

THE NEW

REGIONAL CLASSICS

UPDATED FOR ENERGY EFFICIENCY

By Dave Freedman and Barbara A. Lewis



MIDWEST FARMHOUSE

Presenting a broad face to the sun



SOUTHWEST ADOBE

Storing solar heat in massive walls



NEW ENGLAND COLONIAL

Radiating warmth through a central fireplace



SOUTHEAST TOWN HOUSE

Cooling with shade and ocean breezes

A new house doesn't have to look like a piece of modern art to be energy efficient. Architects and builders are learning to use new energy-saving technologies to enhance—not replace—the time-tested efficiencies of traditional homes.

THE NEW REGIONAL CLASSICS

MIDWEST FARMHOUSE

Exposed to the sun, but sheltered from north winds



ILLUSTRATION: ROGER LEYONMARK

Many Wisconsin farmhouses are adapted from the venerable midwestern barn, solidly built to withstand the icy north winds.



HAY LOFT ADAPTATION
A loft under the roof's peak, typical of local barns, offers a bird's-eye view of Lake Michigan. The peak is 40 feet high.



SPARE, MINIMAL STYLE
South-facing windows are traditionally set in pairs without unnecessary trim. Double glazing saves energy.





ROOFS PLAY A MAJOR ROLE

This white clapboard Wisconsin farmhouse presents a broad face to the sun and a low roof on the north side. Modern improvements include double-pane windows and heat-recirculating fireplaces.

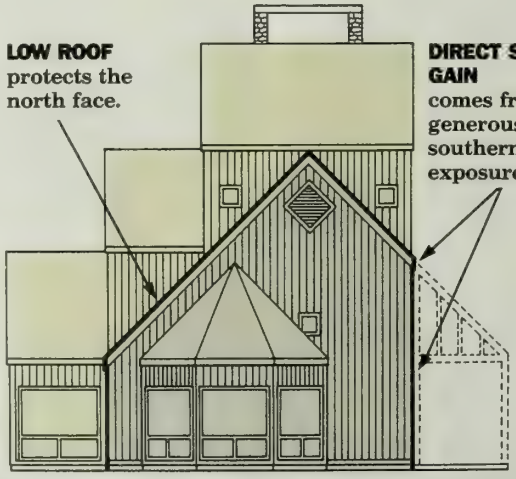


ILLUSTRATION: CARSON ODE

View from the west shows placement of roofs.

SOUTH FACE
Large windows on the south face (*top*) capture the sun's energy and a view of the lake. A trellis shades the back door and protects the main living area from overheating in summer.

NORTH FACE
The north face's low roof (*above*), screened porch, and absence of large windows protect the house from winter's windy wrath. Successive roof peaks provide a contemporary flair to an old-fashioned structure.

WEST SIDE
A 45-degree roof pitch (*left*) helps reduce the wet snow load. The formal entry is on the north side, but the family often enters through the vestibule between the gazebo and house. The vestibule has fieldstone floors.

Sunlight from south windows bathes the living area.

ENERGY-SAVING FEATURES

PASSIVE SOLAR
Large, south-facing windows allow direct solar gain. Massive stone fireplaces store excess heat.

LOW NORTH MASS
A low roof, small windows, and a porch on the north face limit exposure to bitterly cold winter winds.

HEAT SYSTEM
The four fireplaces use a heat recirculation system for maximum efficiency.

THERMAL GLASS
Double-glazed windows throughout the house conserve heat.

▲ **CENTRAL LIVING ROOM**
The first-floor master bedroom (behind the fireplace), children's bedrooms on the second floor, and kitchen and dining areas all border on this hub of activity. The living area forms a "public" gathering place for an eight-member family. The massive fireplace, reminiscent of log cabins in the Midwest, is a heartwarming centerpiece. Outfitted with an electric heat recirculating system, four fireplaces keep the house cozy most of the year.

▶ **DISTINGUISHED KITCHEN**
The lower ceiling elevation visually divides the working area from the relaxing area. Sunlight enters the kitchen most hours of the day. White oak cabinets and car siding on the ceilings say "rural."



Corridor kitchen shows plenty of wood.

THE NEW REGIONAL CLASSICS

SOUTHWEST ADOBE

Enduring the desert's hot days and cold nights



ILLUSTRATION: ROGER LEYONMARK

Spanish settlers, who had learned adobe brick construction for desert survival from Arabs, introduced it to the American Southwest.



EXTENDED BEAMS
Vigas, beams that extend outside, support an overhang that shades southern windows in summer.



INTERIOR WINDOWS
Openings between rooms are generous, because staying cool requires lots of cross-ventilation.



REFINING AN ANCIENT METHOD

Adobe walls are naturally energy efficient. Their great mass absorbs solar heat during intensely sunny days and releases it at night when cold winds blow. In the old days, adobe bricks—made of clay, sand, and straw—were covered with mud. Today, builders use concrete-based plaster on the outside and an interior plaster finish inside.



SOUTH FACE
Trombe walls stand 4 inches behind expansive glass panels in the living room, study, and kitchen (*top*). Made of solid concrete—which absorbs more heat than adobe—Trombe walls release stored heat when needed.

NORTH FACE
In front (*above*) a traditional portal shelters the entry. Small windows limit exposure to north winds.

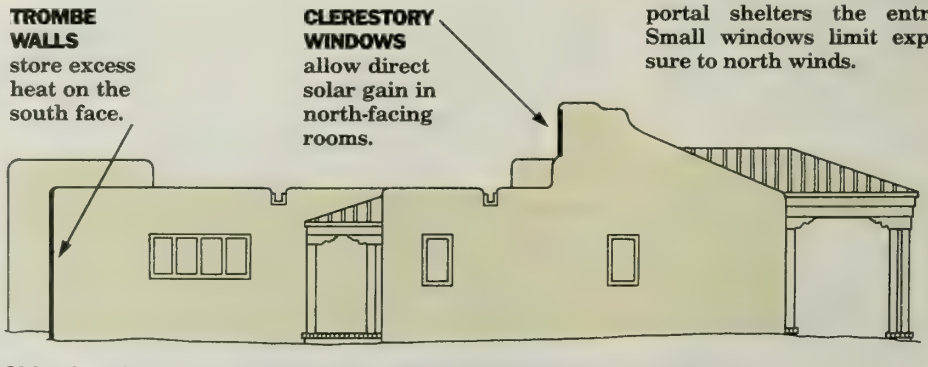


ILLUSTRATION: CARSON ODE

Side view. This desert classic is updated with passive solar features.

Kiva fireplace and viga beams evoke the past.

ENERGY-SAVING FEATURES

THERMAL MASS
Adobe brick walls, covered with concrete-based plaster, store excess heat. Concrete Trombe walls on the south side are coated with a high-resolution black surface to increase solar absorption.

PASSIVE SOLAR
Clerestory windows provide direct solar gain to north bedrooms. They open for ventilation in summer, are shaded at night to limit heat loss.

VENTILATION
Interior windows promote air circulation.

LIVING ROOM COMFORT

Minimal south-facing windows, which swing open for ventilation, let in just enough light. In summer, the sun's heat is too intense for large south windows.

Trombe walls store excess heat. In late afternoon they can reach 86 degrees Fahrenheit, while the room is a comfortable 70 degrees. At night they radiate the stored heat back into the room.

Viga beams span the room and extend outside to support an overhang that shades Trombe walls in summer.

BIG, AIRY KITCHEN

A modern 16×18-foot kitchen replaces the placita, or central courtyard, which was the center of communal family life in early adobe homes.



Openings between rooms let air circulate.

THE NEW REGIONAL CLASSICS

NEW ENGLAND COLONIAL

Built to stay cozy through long winters



ILLUSTRATION: ROGER LEYONMARK

The early-20th-century colonials had central fireplaces, a steep roof pitch, and porches on either end. Typically, one porch was a sun-room.



ANTIQUE STAIRWAY
Yellow pine stair treads were once joists in an 1800s hotel. You can see the back of the stone fireplace.



HEART OF THE HOME
A stonemason who specializes in historical restoration built the fireplace. The basement door is on the right.



JUST AN OLD-FASHIONED HOME

In some respects this new house is really a good old house. To achieve authenticity, the owners spent years salvaging lumber, woodwork, beams, flooring, fireplace stone, and windows from 19th-century buildings and fences for use in their new home.



FRONT EXTERIOR
The garage, carriage house, and sun-room join the house's east side (*top*) on a wooded lot. To the south and west, oak and cedar trees provide shade in summer.

GARDENING ALL YEAR
A brick floor stores solar energy in the south-facing sun-room (*above*), where the owners grow flowers and herbs. An overhead fan prevents overheating on hot days. Out the back door, a deck overlooks a creek.

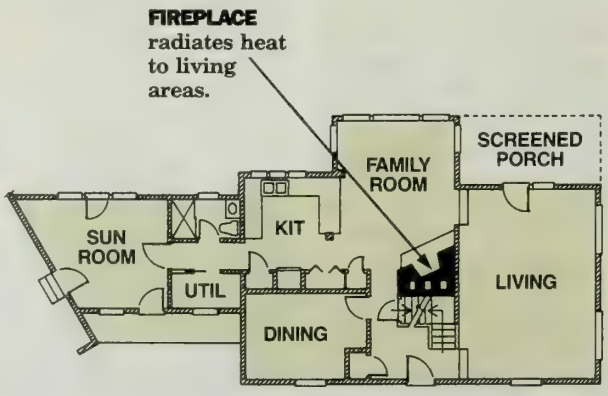


ILLUSTRATION: CARSON ODE

Floor plan shows central position of fireplace.

HEAT SOURCE
The key to energy efficiency in this Georgian colonial is the central stone fireplace and chimney. For two days after a roaring fire, the stone retains and radiates heat on all three levels. The basement wood furnace hooks into one of three flues.

Antique furnishings abound throughout the home.

ENERGY-SAVING FEATURES

HEAT SOURCE
The massive, central stone fireplace stores and distributes heat. Superinsulated walls (R-26) and attic (R-40), and thermal windows, conserve heat.

PASSIVE SOLAR
Generous use of glass allows direct solar gain in the sun-room, with a brick floor to store energy.

SHADE
Trees and a roof overhang on the south side shade windows in summer. Ceiling fans in sunny rooms help prevent overheating on hot days.

▲ QUAINT LIVING ROOM
The largest windows, with fanlights salvaged from an old Victorian house, face west for a view of ravine, creek, and wooded hills. Beveled glass sends rainbow prisms across the room during sunset. French doors at left lead to a screened porch where the owners frequently entertain in mild months. A ceiling fan keeps sun-heated air circulating.

▶ KEEPING-ROOM REVIVAL
Family and guests tend to gather in and around the kitchen to work and socialize as in colonial days. South windows and skylights allow direct solar gain. The owners salvaged the beams from an 1820 stagecoach stop. Yellow pine countertops were joists in an old hotel.



Beams and countertops are at least 100 years old.

THE NEW REGIONAL CLASSICS

SOUTHEAST TOWN HOUSE

Relying on ocean breezes and shade to keep cool

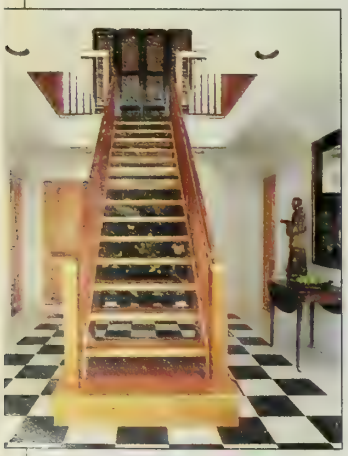


ILLUSTRATION: ROGER LEYONMARK

Traders from Barbados introduced architectural elements designed to beat the heat and humidity in the American Southeast.



PROTECTED ENTRY
The formal "side" entry faces west, on a side street. But you approach the entry from the main street to the south.



SOLAR CHIMNEY EFFECT
Air flows up the central stairway, pulling cool ocean breezes in through downstairs bedroom windows.



PHOTOGRAPHS: MIKE MORELAND ARCHITECT: STEVEN THOMPSON FIELD EDITOR: RUTH L. REITER



MODERN YET HISTORICAL

This distinctive regional type house was built in the famous historical district of Charleston, South Carolina. It has traditional south-facing porches that provide shade in summer but let the low winter sun penetrate the large windows.

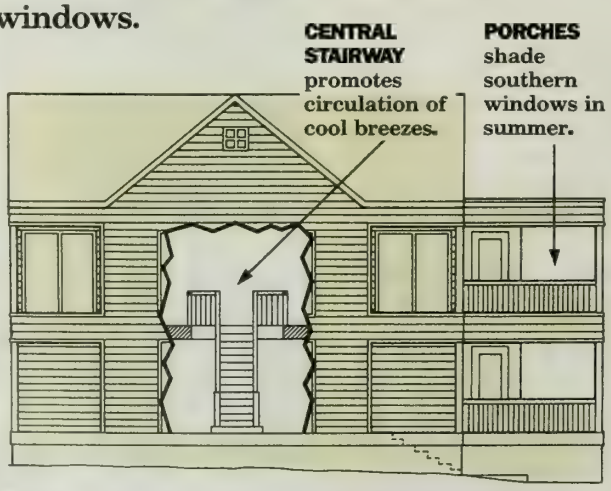


ILLUSTRATION: CARSON ODE

Side view shows placement of porches and stairway.

CORNER LOT
The shortest dimension of a Charleston town house typically faces the street because the city historically assessed taxes on street frontage. The formal entrance is built on the broad side to minimize street frontage. If the house is on a corner, as this one is (*top*), the entrance faces the side street and the structure is called a "side house."

SOUTH FACE
Shaded porches (*above*) provide a breezy place to relax and enjoy a view of the Ashley River.

SIDE VIEW
A spacious central stairway promotes air circulation. Air flows upward and draws breezes through ground-floor windows. Except during the two most humid months, no fans are needed.

Solar gain is controlled with mini-blinds.

ENERGY-SAVING FEATURES

SOLAR GAIN
The low sun penetrates south windows during winter. Porches shade the windows from the high sun in summer.

VENTILATION
Tall, double-hung windows allow inflow of cool air near the floor and outflow of hot air near the ceiling. Double glazing conserves cool air when air conditioning is used.

SOLAR CHIMNEY
The central stairwell lets warm air rise, and draws cool ocean air through first-floor windows.

▲ UPSTAIRS LIVING AREA

Because flooding is common, utility areas were historically placed on the first floor with formal living areas upstairs. Downstairs bedrooms offer a modern version.

The living room wraps around two sides of the stairwell. The south side has two exits to the porch (*above left*), which the homeowners use for entertaining for nine months a year. Lots of big double-hung windows provide ventilation, except during July and August, when air conditioning is needed.

▶ CORRIDOR KITCHEN

With windows on the south and east, the breakfast area is bathed in morning sun. Oak floors and recessed lighting continue throughout the second level.



Kitchen opens to breakfast and formal dining areas.

Buying information, page 159.

You can tell high blood pressure by these symptoms:

_____

_____

_____

_____

_____

(Very often, there are none!)

It's hard to believe that over 35 million Americans have a dangerous disease...very often without a symptom. But that's what high blood pressure (hypertension) is like. A hidden illness, yet one of the easiest to detect—and to treat. Untreated, it can affect your brain (stroke), your vision, heart (infarction), blood vessels and kidneys. Anyone can be affected, although factors such as age, sex, race or family background play a role.

Fortunately, there's plenty that can be done to treat this condition. Only your doctor can diagnose hypertension, but you can help head it off through healthier living—reducing weight, cholesterol, salt intake, stress, anxiety and stopping smoking. An improved lifestyle, and blood pressure-controlling medicines can substantially lower your risk for heart attacks and stroke. But the first step is to see your doctor.

For a poster-sized reprint of this message, write: Pfizer Pharmaceuticals, P.O. Box 3852BHH, Grand Central Station, New York, NY 10163.

A message in the interest of better health from



PHARMACEUTICALS
A PARTNER IN HEALTHCARE

FAMILY HEALTH

FAMILY HEALTH TABLE OF CONTENTS

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Can't sleep? Then stay out of bed!....52
Large but not lethargic....52
Don't stop fidgeting....54
New drug zaps cholesterol....54

TACKLING FOOTBALL INJURIES

Football injuries benched 636,000 high schoolers last year. Happily, you can make the game safer for your children.

SEVEN SAFETY STEPS

Check your child's program:

1. Are butt-blocking and face-tackling penalized? Driving the head into opponents causes injuries.

2. Is a trainer supervising practices? Most injuries occur in practice.

3. Is the goalpost padded? Hitting unpadded posts causes injuries.

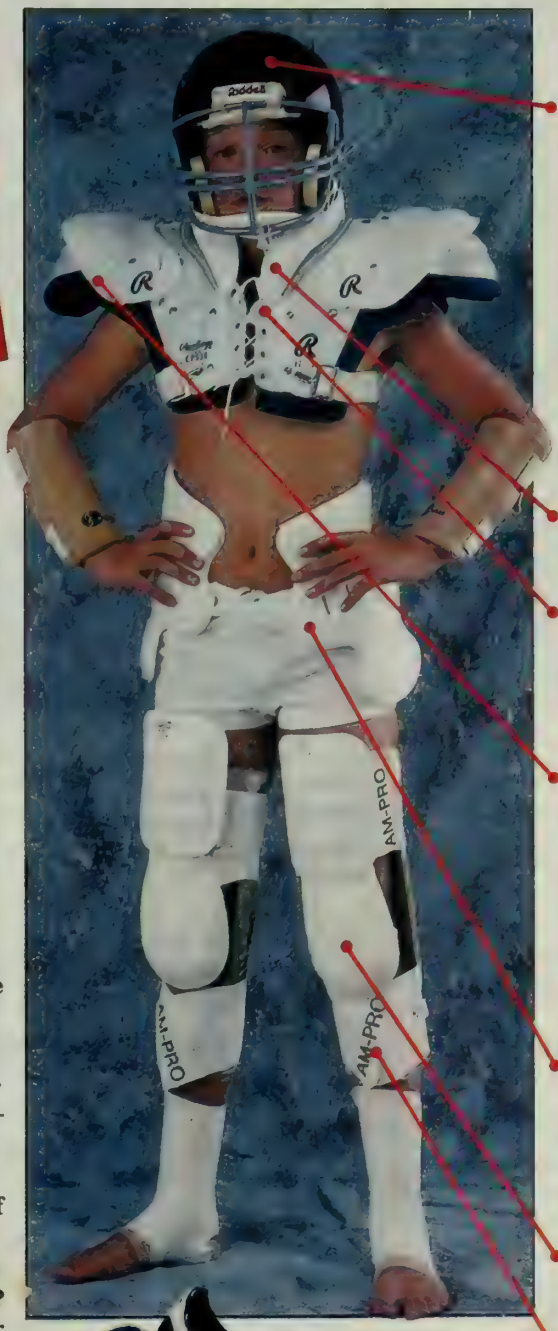
4. Are your kids out of their league? They should play teams of similar age, size, and ability levels.

5. Are the field and surrounding area smooth and free of debris? Children shouldn't have to watch for holes, glass, or trees during play.

6. Are sideline benches movable? Injuries occur when kids hit benches that are bolted to the ground.

7. Is your kid really wearing the mouthpiece provided? Children who don't may suffer head trauma.

Consultants: Athletic trainers Frank Randall, Iowa State University, and Bob Broxterman, University of Minnesota





GRIDIRON GEAR

NOCSAE*-approved helmet ($85–$155)
- **Check stability:** four-point chin strap and cheek pads prevent wobbling.
- **Check size:** Buckle strap, hold face mask, and try moving helmet in all directions. Helmet and head should move together. If not, helmet is too big.
- **Check position:** First pad inside helmet should be one finger's width above the eyebrows.

**National Operating Committee on Standards for Athletic Equipment*

Neck roll ($8–$10)
- Used mainly by those who've been injured before.

Mouthpiece ($1–$2.50)
- **To fit:** dip in hot water, bite down, and suck all the air out of the mouth.
- For a custom-made mouthpiece, see your dentist.

Shoulder pads ($65–$85)
- **Position:** epaulet should hang over upper arm, not rest on shoulders.
- **Fit:** straps must be very snug.
- **Neck-hole size:** when head is turned, it should not touch shoulder pads.
- **Design:** be sure child has correct shoulder pads for position played.

Hip, thigh, and tailbone pads ($25–$35)
- **Best hip protection:** girdle system. Hip pad should almost reach ribcage.
- Thigh pads need half-inch of foam-rubber padding.

Kneepads ($4.50–$10)
- Sponge rubber to cover front of knee.

Knee braces ($65–$160)
- Plastic braces for durability. Metal ones can break or rust too easily.
- **Best protection:** tight-fitting bilateral braces shield both sides of the knee.
- **Check flexibility:** do braces allow normal knee motion and speed? BH&G

—By Mary Conroy

Shoes ($30–$45)
- **High arch, substantial heel counters, and heavy soles.** For dry turf: high-top tennis shoes. Wet turf: 150-cleat shoe.
- **Ankle wrap adds support.**

PHOTOGRAPHY: PERRY STRUSE. EQUIPMENT COURTESY OF HOPKINS SPORTING GOODS

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Two toothpastes in one. Fights tarta

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FAMILY HEALTH

WORRYING

HOW MUCH IS TOO MUCH AND WHO CAN HELP YOU STOP?

Worry haunts everyone at some time or other. The churning stomach and sweaty palms; the restless nights and fitful dreams; the dread of obstacles just ahead—the symptoms of anxiety are all too familiar.

A common, useful emotion

Actually, some anxiety is normal and even healthy, according to Dr. John Feighner, director of the Feighner Research Institute, which tests antianxiety medications. "In an auto accident, anxiety makes you immediately respond," he says. "It heightens your reaction time and allows you to take rapid lifesaving actions."



STEVE BJÖRKMAN

Insomnia is just one sign of anxiety.

Anxiety helps just as much in ordinary situations. For instance, if you're worried about money, you might use your worry to find a better job. In that case, anxiety is useful: it has a specific target and results in concrete action.

When worry gets out of hand

Many people can't use anxiety constructively. For them, the feeling interferes with normal life.

If that sounds familiar, you may have an anxiety disorder. You're not alone: the Gallup Poll found that 30 to 40 percent of Americans suffer from anxiety. For 15 million of us, anxiety is severe enough to require treatment.

wo toothpastes.

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hile it still fights cavities.

NEW ANTI-TARTAR Aim PASTE ANTI-TARTAR FORMULA PLUS FLUORIDE
NEW ANTI-TARTAR Aim PASTE ANTI-TARTAR FORMULA

Some symptoms, such as dizziness, can really signal physical illness. That's why accurate diagnosis is crucial. A good therapist will take a case history to rule out other illnesses before treating you for anxiety.

What causes anxiety?

Experts disagree on what triggers anxiety. Some pinpoint emotional causes, while others focus on experience and biology.

- **Fear of rejection.** Fear of revealing yourself may create intense anxiety, says psychotherapist Pat Costello, past president of the Milwaukee Mental Health Association. Persistent fear of rejection can immobilize you and interfere with relationships.
- **Experience.** Anxiety is learned, says Dr. Joseph Wolpe of the Eastern Pennsylvania Psychiatric Institute. For instance, if you're afraid of dogs, you might avoid them. That may calm you, but it can also teach you to be even more afraid of the dogs you can't avoid.

ARE YOU TOO WORRIED?

If you react to anxiety with physical symptoms, you're probably worrying too much. The American Psychiatric Association recommends that you seek professional help if you show symptoms in three of these four areas for a month or more:

- **Muscle control:** trembling, fidgeting, jumpiness, fatigue, eyelid twitches, restlessness
- **Physical symptoms:** sweating, dizziness, pounding heart, clammy hands, upset stomach, diarrhea
- **Thought processes:** fear, repetitive thoughts, anticipation of misfortune to self or others
- **Emotional symptoms:** insomnia, impatience, distractibility

- **Thought patterns.** Exaggeration heightens anxiety, says Dr. Ruth Greenberg, senior consultant at Philadelphia's Center for Cognitive Therapy. When you expect problems to be insurmountable, you won't cope with them.
- **Genetics.** Some research shows that the tendency toward anxiety is inherited. Still, many people with anxiety in their family never develop its symptoms, Feighner says. It all depends on how much stress each person experiences and during which developmental stage that pressure occurs.

When should you get help?

Emotional symptoms should be considered just as serious as physical ones, Costello says. "When people feel any kind of sickness that persists—like a cough—they should get professional help," she says. "The same advice applies to emotional problems." If your symptoms last for one month, it's time to find a therapist.

You also need treatment when you talk about your problems so much that it starts to affect your friendships. When your friends begin to withdraw from you, or constantly tell you to relax, they're asking you to get help.

continued

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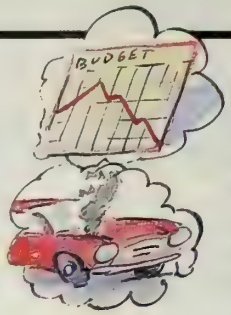
A guide to therapies

Today, mental health professionals use a wide range of treatments. Some take an eclectic approach, using whatever therapy you need. You may need to try several of these approaches before finding one that works for you:

Insight therapies such as *gestalt* or *transactional analysis* focus on your feelings to root out current problems. For some people, these approaches take a long time, but they teach lasting communication skills to help participants deal with future concerns.

Behavior therapies such as *behavior modification* and *cognitive therapy* help you learn new behaviors to confront problems. Used for phobias and social anxiety, these approaches include hypnosis and relaxation training.

Family therapy encourages everyone to work together, because your anxiety usually affects the entire family. Feighner says this approach helps other family members understand you.



Even if anxiety runs in your family, you may not develop its symptoms. Much depends on the pressures that pursue you.

Support groups

Support groups can provide a low-cost approach to getting help. Because these groups are led by lay people, therapists recommend them in addition to, but not instead of, therapy.

In most groups, members listen to a brief talk from another member before breaking into smaller sections to discuss individual problems. Many people find relief just from learning that they're not alone.

Two well-known anxiety support groups are **Emotions Anonymous** and **Recovery.** Both are funded by voluntary member contributions. *(For information, see page 50.)*

Drug therapy

Some severe cases of anxiety may require drugs, says Dr. Marc Schuckit, professor of psychiatry at the University of California: San Diego. However, antianxiety drugs have numerous side effects ranging from drowsiness to dependence, so doctors usually recommend them only after other therapies have failed.

Even when drugs are prescribed, doctors often use another therapy as well. Drugs alone won't solve your problems, but may make you more receptive to psychotherapy, according to Milwaukee's Costello.

Most doctors favor these two drugs:

Benzodiazepines such as Valium and Tranxene work quickly, and are often used for situational anxiety, such as the reaction to sudden unemployment or a death in the family.

But benzodiazepines also pose a serious risk: addiction. It is not easy to detect, because increased anxiety may be

continued on page 50



If you take chemical laxatives, you're being too hard on yourself.

There's more than one way to treat constipation. It's just that some laxatives are harder on your body than others. Take chemical laxatives. They work by chemically jolting the nerves in your intestine. If taken too often, some people get so used to that "jolt" they can't have a normal bowel movement without it.

Now there's a more natural choice. New chewable Fiberall® Tablets. They concentrate all the power of a fiber laxative into one good tasting tablet. And because Fiberall Tablets are a fiber laxative, they work with your body. Not against it.

When you think about it, why would you use anything else? For constipation, take new Fiberall Tablets.

And be good to yourself.



New tablet!

The laxative that's good for your health.

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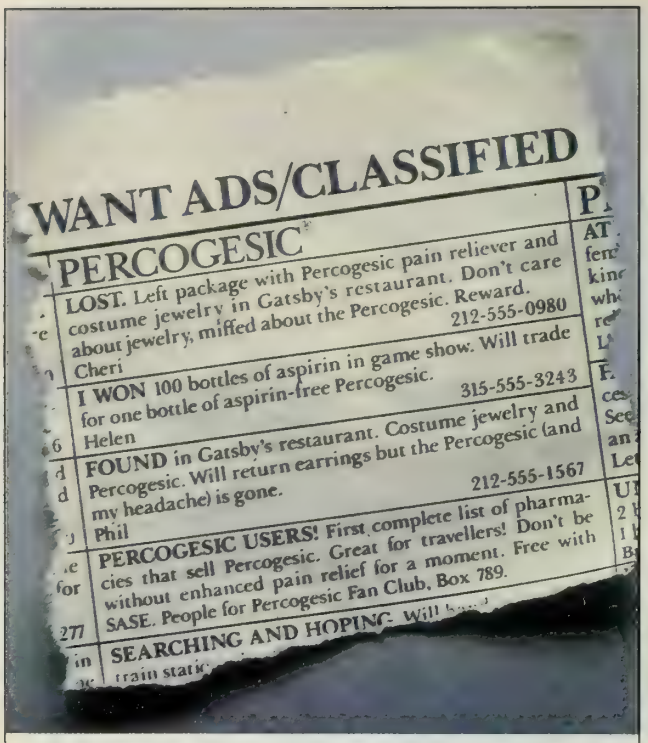

With new e.p.t. stick test,
it's easy to find out if you're pregnant.
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If the stick turns pink, you're pregnant. If it stays white, you're not. It's that simple. New e.p.t. stick test is the fast and easy way to find out if you're pregnant. Or not. If you have any questions about e.p.t., call us toll free 1-800-562-0266. In New Jersey, call collect (201) 540-2458. e.p.t. The first and most trusted name in pregnancy testing.



Introducing new e.p.t.® stick test.



AREN'T YOU CURIOUS ABOUT A LITTLE KNOWN PAIN RELIEVER THAT CAN INSPIRE THIS MUCH LOYALTY?

The fact is that a virtually undiscovered aspirin-free pain reliever actually inspires more loyalty than Tylenol.

So who wouldn't be curious?

The pain reliever is Percogesic.® And a recent research study found that people who use it are even more loyal, more likely to go out of their way to find it, than people who use Tylenol.

But even though Percogesic isn't well-known, the reason for its loyal followers is crystal clear.

You see, Percogesic begins with the same safe, aspirin-free ingredient as Tylenol.

But Percogesic then goes beyond—adding a second ingredient to enhance the overall relief. This gives Percogesic a unique formula, and a unique kind of relief found nowhere else. In fact, Percogesic has been proven effective in relieving pain swiftly and surely.

So exceptional is Percogesic that it is the pain reliever pharmacists have recommended most for headaches for 10 years. And it has been accepted by the American Dental Association for the relief of dental pain.

Isn't it time you stopped being curious, tried Percogesic, and started feeling better?



Use only as directed

Available from your pharmacist without a prescription.

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continued from page 46

its only symptom, says Dr. Malcolm Lader of the University of London. As a result, your doctor may prescribe higher doses and unwittingly increase your dependence.

Besides that risk, death is a real danger if you use benzodiazepines with alcohol. If you have a history of alcohol abuse, notify your doctor so that a more appropriate treatment can be prescribed.

Buspirone: A new drug, buspirone (the brand name is Buspar) sedates less than benzodiazepines do, so you can drive when taking it. Because buspirone acts slowly, it's not used for situational anxiety. However, research shows it has less risk of dependence than benzodiazepines, Schuckit says.

How to cover the cost of treatment

Some therapists use a sliding scale and base their fees on your ability to pay. In addition, most group health insurance plans pay for a limited amount of therapy. To be covered by insurance, your therapy must be considered medically necessary, and your therapist either must be licensed or supervised by a licensed practitioner.

Finding a therapist who's right for you

Help with anxiety can come in many forms, from such newcomers as psychiatric nurses and pastoral counselors to the traditional psychiatrists, psychologists, and social workers. The help you choose will depend on your needs as well as on your insurance.



Health insurance may solve your financial worries.

It may take time, but shopping for a compatible therapist is important, says Milwaukee psychotherapist Pat Costello. Here's how to find a good therapist:

- Get references from your personal physician or local mental health association.
- Ask your friends if they know a good therapist. Costello says that clients referred by friends often progress more quickly because they've seen their friends improve as a result of therapy.
- Schedule a session to see if you feel comfortable. In his book *Focusing* (Bantam, $4.50), Dr. Eugene Gendlin of the University of Chicago says that you may need appointments with several therapists before you find the right one.

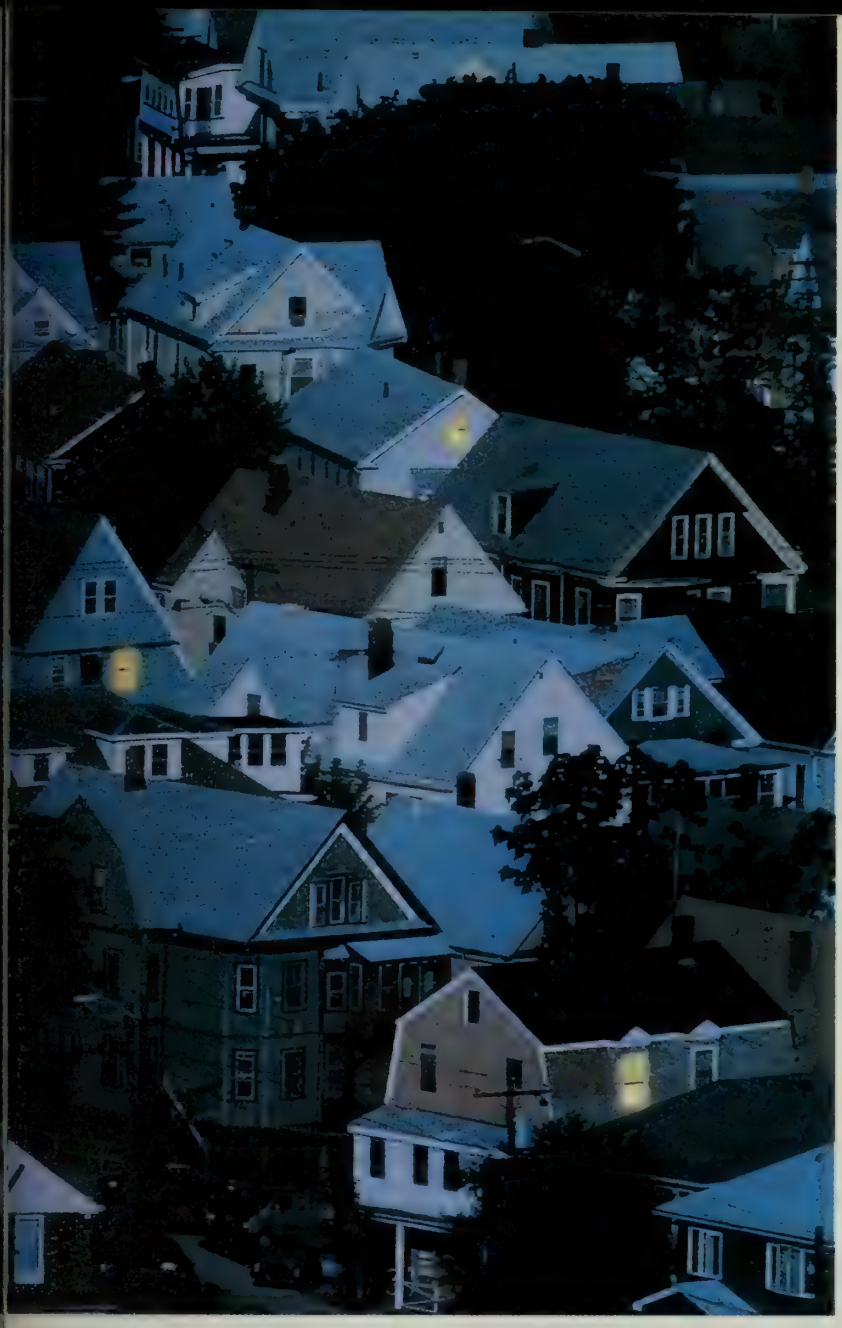
FOR MORE INFORMATION

Two recent books consider anxiety and its treatment: *The Anxiety Disease,* by David Sheehan (Bantam, $3.95), and *Managing Your Anxiety* by Christopher J. McCullough and Robert W. Mann (Tarcher, $7.95).

For free fact sheets on anxiety, panic, and phobias, write: Public Education and Information, Division of Public Affairs, Dept. BHG, American Psychiatric Association, 1400 K St., NW, Washington, DC 20005.

For more information on **Recovery,** check your phone book, or write to the headquarters at Recovery, Dept. BHG, 802 N. Dearborn Street, Chicago, IL. 60610.

To reach **Emotions Anonymous,** check your phone book, or write to Emotions Anonymous, Dept. BHG, Box 4245, St. Paul, MN. 55104.



Every night when they go to sleep, more people go to sleep on Sealy brand mattresses than any other kind.

Our Sealy Posturepedic is the premium mattress people prefer by more than two to one. It is the only mattress designed in cooperation with leading orthopedic surgeons.

So if you're about to buy a new mattress, remember Sealy Posturepedic. Most people already know it will give them quality, comfort, and support. But if you haven't yet heard, it's time you woke up.

And got some sleep.

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Most People Already Sleep On Sealy® Posturepedic®. The Rest Are Waking Up.



CAN'T SLEEP? THEN STAY OUT OF BED!

A new prescription for the sleepless

Insomniacs may fall asleep when they hear the advice Arthur Spielman, Ph.D, and his co-workers at New York's City College and Mount Sinai Medical Center. In Spielman's study, insomniacs were more rested when they went to bed late and arose early. Limiting sleep hours seems to reduce rest-robbing tossing and turning.



For the insomniacs in this study, spending less time in bed improved their sleep patterns.

How they did it

Here's how the study worked:

- **Sleep logs.** Each patient kept a sleep log for two weeks, tracking actual daily time *asleep*.
- **Sleep prescription.** The average time asleep became each patient's "sleep prescription." They could be in bed only that number of hours.
- **Rewards.** Patients who slept 90 percent of their sleep prescription for five days in a row were granted another 15 minutes of sleep.
- **Cutbacks.** Patients who missed the 90 percent level five days running received a 15-minute cut in sleep time.

"Do-it-yourself sleep restriction is difficult but doable," Dr. Spielman says. Staff members of sleep disorders centers, located in most medical centers and many hospitals nationwide, can offer more information and advice.

TWO WAYS TO GUN DOWN PLAQUE.



CHECK·UP® TOOTHPASTE

Plaque may as well as give itself up. Because Check•Up helps remove plaque safely and effectively everywhere you brush. Every time you brush. And Check•Up gets your teeth so clean you can feel it!

CHECK·UP® GUM

Carry this plaque fighter along to help fight plaque after lunch and between brushings. Clinical data shows it helps remove plaque. When you can't brush, chew Check•Up Gum.



LARGE BUT NOT LETHARGIC

"Hefty" may mean healthy

Being overweight, as measured by standard height and weight tables, may not mean you're obese. Researchers at New York's Mount Sinai School of Medicine studied three groups of men: (1) normal weight, (2) overweight but well-muscled, and (3) overweight due to excessive body fat. Both the normal weight group and the overweight-but-muscular group were equally healthy. The third group—overweight and obese—had higher blood pressure and cholesterol levels.

Dr. Andrea Dunaif says these results apply especially to those involved in weight lifting and other muscle-building sports. For most other individuals, losing excess weight will decrease the risk of heart disease.

PROBLEM: WAX BUILD-UP TRAPS DIRT.



SOLUTION: ENDUST.



–Ann McKenzie, Interior Decorator.

"If you use spray wax for regular cleaning, watch out! Chances are, you've got wax build-up. It's a fact: frequent use of spray wax can cause wax build-up, and can actually trap dirt on your furniture's surface.

"So use spray wax only for occasional polishing. For regular day-to-day dusting and cleaning, I recommend Endust.

"Endust cleans the dirt spray wax leaves behind. Endust contains no wax, so there's never wax build-up. All Endust leaves is a clean, natural shine. And that's good for your furniture."

Use spray wax for occasional waxing.

Use Endust for day-to-day cleaning.

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"Because it's gentle and predictable."

"And good for the whole family, too."



More and more families are choosing gentle, predictable Feen-a-mint Pills, and Feen-a-mint Gum, for relief of constipation. Gum slowly releases its mild stimulant as you chew, so it goes into your system gradually. And for extra gentleness, Pills combine our effective stimulant with the softening agent doctors recommend most.



Use as directed.

FAMILY HEALTH



DON'T STOP FIDGETING

Nervous habits help some stay thin

Attention toe tappers, thumb drummers, hair twirlers, and back scratchers: Don't stop! People who fidget burn an extra 100 to 800 calories a day, according to a study by Eric Ravussin, M.D., and his colleagues at the National Institutes of Health's research branch in Phoenix.

The tendency to fidget seems to run in families, Dr. Ravussin says. While no one is claiming that fidgeting can take the place of regular exercise, this bane of grade school teachers may have a positive side after all.

NEW DRUG ZAPS CHOLESTEROL

There's good news and bad news on the cholesterol front:

● **The bad news:** "Perhaps one in four adults has blood cholesterol levels high enough to warrant medical attention," says James Cleeman, M.D., coordinator of the National Cholesterol Education Program. A 1984 study conclusively linked lower cholesterol levels to lower heart attack risk.

● **The good news:** New research shows that lowering high blood cholesterol levels can even *reverse* early signs of heart disease. For many, a diet low in saturated fat and cholesterol is enough to keep blood cholesterol in check. If more help is needed, a new cholesterol-lowering drug, **lovastatin,** shows great promise. Under review by the FDA, the drug may soon be available under the brand name Mevacor.

Is Your Cholesterol Out of Bounds?

The National Cholesterol Education Program has adopted these national goals for adult blood cholesterol levels: 180 mg/dl (milligrams of cholesterol per deciliter of blood) for ages 20–29 and 200 mg/dl for ages 30 and older. The chart indicates cholesterol levels considered high enough to warrant a doctor's care.

AGE	HIGH RISK CHOLESTEROL LEVEL
20–29	200 mg/dl or above
30–39	220 mg/dl or above
40+	240 mg/dl or above

"The next time you see your doctor, ask about your cholesterol number," suggests Cleeman, adding that the test is simple and quick.

To give, to collect,
to display with pride...

BLUE JAY

Announcing an important issue in the Lenox Garden Bird Sculpture Collection

Intricately handcrafted of the finest bisque porcelain and meticulously painted by hand



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Shown actual size

On a warm spring day, amid the pastel blossoms of a cherry tree, a brilliant flash of blue attracts the eye. It is one of nature's loveliest creations, as vivid as a springtime sky—the blue jay.

Lenox has now captured the beauty of this striking garden bird in fine bisque porcelain. A dramatically sculptured work of art, handcrafted and hand painted to reveal the most intricate detail.

Meticulous hand craftsmanship... uncompromising quality

Blue Jay is portrayed with its wings outspread in a magnificent courtship display. And this sculpture is created with extraordinary realism. Each fine detail is carefully defined...each feature painted by hand in the blue jay's vibrant azure blue colors.

In your home, this delightful sculpture will provide a striking display of color to attract the eye ... a delightful touch of nature to warm the heart. It will be a conversation piece, attracting the admiration of all who see it. A unique and much-appreciated gift. And an heirloom to pass down to future generations with pride. For its quality, authenticity and fine hand craftsmanship are hallmarks of the finest porcelain sculpture.

Created and designed by the master artists of Lenox, each imported sculpture will bear a *pure 24 karat gold* backstamp inscribed with the title of the work and the world-famous Lenox® trademark. In addition, your sculpture will also be accompanied by a Certificate of Authenticity.

Available only direct from Lenox

This important issue in the Lenox Garden Bird Sculpture Collection is available only direct from Lenox. It will not be sold through even the most prestigious dealers or galleries. The price is $39, payable in convenient monthly installments of $13 with *no finance charge.* And, of course, *your satisfaction is completely guaranteed.*

Because each sculpture is individually handcrafted and orders will be accepted in strict sequence of receipt, your Reservation Application should be postmarked by October 31, 1987. Please allow 6 to 8 weeks for delivery. For your convenience on credit card orders, you may call **TOLL FREE,** 24 hours a day, 7 days a week, **1-800-537-1600 ext. 927.**

32506



Painted by hand to reveal every detail of the blue jay's distinctive markings.

Colorful White Sale

SAVE UP TO $200

on inlaid vinyl floors*

Sale away with a $2 per sq. yd. rebate on up to 100 sq. yds. on some of the best-looking, best-performing, durable inlaid vinyl floors during this summer's Congoleum Colorful White Sale. Exclusively at participating Congoleum Studio Showcase of Floors retailers. Sale runs August 24 through October 3, 1987. For free literature and the retailer nearest you, call toll-free 1-800-447-2882.



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STUDIO SHOWCASE OF FLOORS

steem, Fashionflor, Reflection and Innovation.
2.00 rebate offer on Esteem and Fashionflor is void in California.

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COUNTRY CRAFTS

25 GREAT GIFTS FROM SNIPPETS AND SCRAPS

By Jim Williams and Jilann Severson

Work magic with everyday scraps! Pieces of fabric, paper, and wood are the makings of treasured handmade quilts, toys, and ornaments for you to give or enjoy.



SCOTT LITTLE

PROJECT RATINGS

We've color-coded each project from easy to complicated. Here's how:

- **QUICK AND EASY**
  Fast, fun, and a snap to do
- **A LITTLE MORE INVOLVED**
  Some basic skills will get the job done
- **A BIT MORE COMPLICATED**
  Takes some time, but it's worth the effort

SWEATER-KNIT MITTENS

Make super-simple mittens from worn-out sweaters. Trace your hand for a pattern; stitch, adding a lining and embroidery flourishes.



PATCHWORK PILLOW

Thrill country enthusiasts with gifts made from scraps. The quilt-square pillow, for example, is a fast project for last-minute giving.



CAT CROSS-STITCH SCARF

For another easy gift, cross-stitch pussycats in wool onto a muffler. A checkered pattern makes stitching a snap, but you can just as easily work on a plain scarf using waste canvas.



Design credits, page 89.

Instructions begin on page 67.

COUNTRY CRAFTS

GREAT GIFTS FROM COLORFUL PRINTS





BUNNY TOWELS AND CAT CROSS-STITCH

A kitty cat counted cross-stitch and bunny appliqué towel are great gift ideas for beginners. Both stitch up quickly using repeat motifs and simple techniques.

■ **To order full-size Bunny Appliqué pattern and Kitty Cat Cross-Stitch kit, see page 90.**



PIECED PRINT PLACE MATS

These patchwork place mats have a secret—they're twice the fun because they're reversible. Make one side for everyday; the other for special occasions.

DANCING DOLLS

Enlarge the jump rope dollies and stitch them into cheerful playmates. Movable legs with button hinges let the dolls dance and jump all day long.

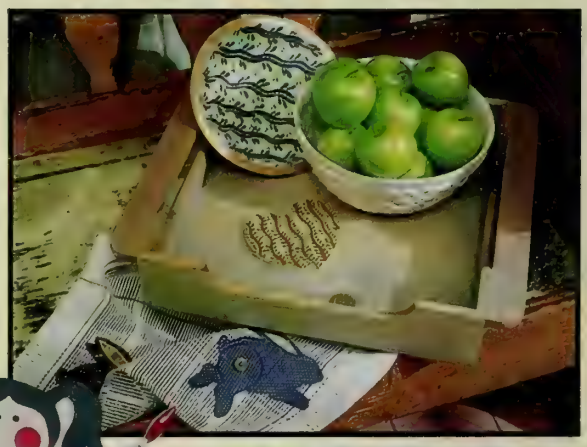
■ **To order full-size Dancing Dolls patterns, page 90.**

JUMP-ROPE DOLLIES

Crafted from wallpaper scraps with buttons and string, these happy "kids" bring cheer as a decorative garland or border in a child's room.

■ **To order Jump-Rope Dollies patterns, page 90.**





WOODEN TRAY AND PAINTED HEART

A country-blue tray serves as a great carryall. Build it from scraps of pine colored with ordinary fabric dye. Spruce up a purchased wooden heart and bowl with folk art painted patterns.

'ATTIC WINDOWS' QUILT

Make this 30×36-inch quilt as a perfect wall hanging or crib quilt. Use snappy prints and rich colors for lots of style. Quilt in a simple diagonal pattern with thread that matches the binding.





ELEPHANT PULL TOYS

Brightly colored elephants play follow-the-leader with tails and trunks that hook together. Fabric ears and wallpapered wheels add to the charm.

■ **To order Elephant Pull Toys project plan, see page 90.**



SPONGE-PAINTED SOCKS

Fabric dye sponged onto plain white socks makes for fun feet with a country flourish.



BUNNY NECKLACES

For a hopping good time, craft one of our bunny necklaces.

■ **To order Bunny patterns, see page 90.**



COUNTRY BUNNY

Our adorable rabbit is an ideal friend for any little guy or gal. Prints and stripes give him extra pizzazz.

■ **To order Country Bunny pattern, page 90.**

Instructions begin on page 68.

COUNTRY CRAFTS

GREAT GIFTS FROM SNAPPY DESIGNS





OLLIE CAT

Our friendly mouser, Ollie Cat, looks scruffy and gruff, but he has a lot of love for just the right kid.

■ **To order full-size pattern, page 90.**

PAPER BUNNY CUTOUTS

Wallpaper scraps and odd-lot buttons are all you need to create a warren of perky rabbits for wreath and package trims. Or use them for a wallpaper border as shown at right.

■ **To order full-size Bunny Cutouts pattern, page 90.**

SWEATER-KNIT HEARTS

Sew scraps from favorite worn-out fair isle sweaters or socks into heartwarming knitted ornaments. Embellish with simple embroidery stitches to accent the patterns, then tuft with buttons for unusual ornaments or trims.





PILLOW TICKING QUILT

Alternating the direction of the pillow ticking stripes gives an interwoven look to a fast and easy quilt. Handfuls of colorful buttons tie it together at each intersection and bright strips frame the design.



BUTTONS-GALORE TOPS

Raid the button jar for these just-for-fun tops. Stitch a collection of buttons at random onto a purchased sweatshirt, or create a stylized design that's just your own.



APPLIQUÉ SWEATSHIRTS

Our jump rope doll and bunny stars appear again as appliqués on ordinary sweatshirts.

■ **To order Bunny and Doll patterns, page 90.**

COUNTRY PRINT HEART SACHETS

Snippets of print fabric make great giveaways and trims. Stitch sachets by the dozen using machine zigzag, pinked edges, and a bow.



CROSS-STITCH INITIAL PILLOWS

Quick cross-stitch initials adorn "handkerchief" hardanger. Use any large letter pattern, stitching over two threads of cloth with two strands of Persian wool.

■ **To order Cross-Stitch Alphabet Book, page 90.**



PAINTED PRINT BOWL

Transform a wooden bowl into a country-print treasure. First, paint the inside; then add a free-form brushwork pattern.

Instructions begin on page 75.

BUYING INFORMATION, PAGE 159.

Turn On



A child's education should start in the home.

Why are some children turned on to learning while others are so turned off by it?

More often than not, it's the result of the home environment. In a home that encourages curiosity and creativity, children develop positive attitudes about learning. On the other hand, homes that fail to encourage learning tend to produce unmotivated, disinterested students.

Yet, creating a good learning environment in the home is easier said than done.



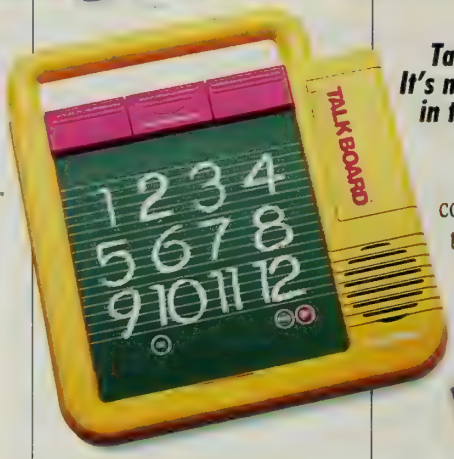
The typical American family isn't what it used to be.

In 1950, 70% of mothers with children 6 to 13 stayed home.

Today, 70% of mothers with children 6 to 13 work outside the home. Add working fathers to the equation and it becomes increasingly clear that today's parents have much less time to spend with their children. Consequently, we need to spend more "quality time" with them. Talking. Listening. Discovering new things. And, at the same time, surrounding our children with the tools of learning. Everything from books and educational records to the most sophisticated learning machines, like the ones from Video Technology.

Talk Board.™ The new talking, learning machine that's just right for preschoolers.

For ages 3 to 5. Talk Board gives the child the basics he'll need to know.



Six brightly colored, double sided program cards take the child through twelve interesting and involving learning activities, including time telling, counting, shapes and colors. Talk Board also features an electronic board game that's fun to play while teaching numbers.

Talk Board™ cards



Talking Whiz-Kid.™ It's new and puts a child in touch with the fun of learning.

For ages 5 and up. It combines traditional teaching methods with computer technology.



Talking Whiz-Kid™ cards



The child inserts colorful learning cards and Talking Whiz-Kid's child friendly

A Mind.



voice talks the child through thousands of questions in math, spelling, music, the social sciences, vocabulary and more.



Learning Window.™ The most complete learning machine you can get.

For ages 6 and up. Learning Window does it all. Its computer-like keyboard and animated display screen put thirteen learning activities within your child's grasp. Math. Spelling.



Deductive reasoning. Music. It even lets children express themselves with computer generated graphic art.

Smart Start.™ It's more than a good value. It's a great new learning machine.

For ages 5 to 8. Smart Start truly lives up to its name. It comes with 10 built-in math and music activities plus a beautifully illustrated starter Matchbook, an activity booklet



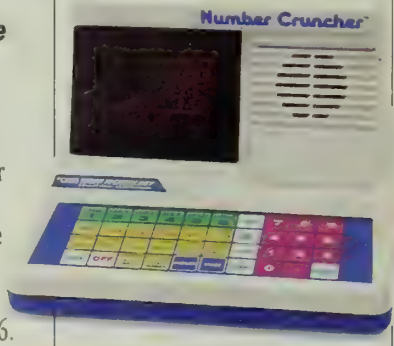
containing 150 multiple choice questions on a variety of subjects such as reading, science and more. Plus, Smart Start is expandable. Additional Matchbooks are available covering an even wider range of subjects.

Number Cruncher.™ The new ultimate math machine.

For ages 6 to 11. Number Cruncher is programmable for a child's learning ability from grades 1 to 6. And makes addition, subtraction, multiplication, division, fractions and decimals fun to learn. In all, Number Cruncher offers 14 challenging math activities.

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The learning machines from Video Technology cover a wide range of material. From basic addition to basic logic. From the drawing of graphics to the drawing of conclusions. Maybe the most important thing they leave children with is the realization that learning isn't boring. It can be satisfying. It can be fun.



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SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

continued from page 63



PATCHWORK PILLOW, page 59
Materials: Scraps of light- and dark-print fabrics; cardboard or plastic for templates; 12½×12½-in. scrap quilt batting; polyester fiberfill; water-erasable marker; thread; scrap of yarn.
Instructions: Enlarge pattern (*above*). Cut plastic or cardboard templates, adding ¼-in. seam allowances.

Trace templates onto fabric according to color guide; cut out all pieces.

Assemble pillow front from center out, pressing all seam allowances in one direction. Baste quilt batting to wrong side of pillow front. With yarn, sew a single stitch at center of pillow, going from front to back and returning. Tie ends of yarn; clip to desired length.

Cut backing to fit pillow front. Assemble pillow as desired.

SWEATER-KNIT MITTENS, page 59
Materials: Fair isle or patterned sweater; ¼ yd. fleece; thread; paper; embroidery floss; water-erasable marker.
Instructions: Trace child's hand onto paper, allowing 1 in. for fitting ease. Mark desired length. Smooth out all lines. Trace pattern onto sweater and fur pieces, working around sweater design and flopping pattern for fronts and backs. *Note:* Lining makes mittens fit snugly, so allow plenty of ease.

Pin mitten fronts to backs along traced lines, right sides together. With close machine stitch and slight zigzag, stitch around mitten. Double-stitch thumb joint. Cut out mitten, leaving ¼-in. seam allowance. Clip thumb joint. Turn right side out; steam.

Repeat with fur pieces, leaving 4-in. opening opposite thumb. Do not turn to right side. Slip mitten into lining with right sides together and seams matching at cuff edge. Stitch around cuff.

Pull mitten through opening in lining. Slip-stitch opening closed. Smooth lining into mitten and steam. Topstitch cuff, going through all layers.

Embroider decorative stitches on mitten front, using knit patterns as a basis for designs.

CAT CROSS-STITCH SCARF, page 59
Materials: Purchased checked scarf; assorted scraps of tapestry yarn.
Instructions: Transfer cat design on *page 78* to graph paper. Reverse design and draw again so cats are facing. See photograph on *page 59* for detail.

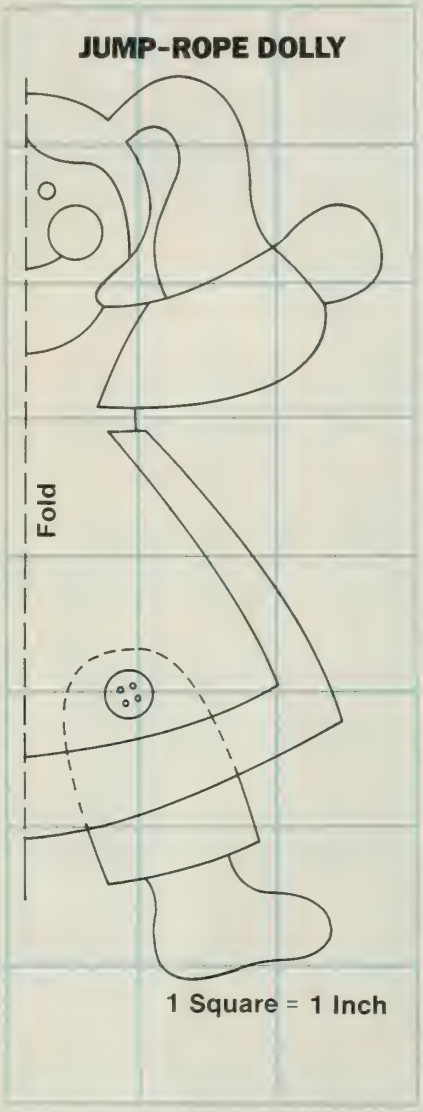
Mark center of design and center of desired placement; begin stitching here. Stitch design with 2 strands wool, using 1 check for each stitch. *Note:* Design can be stitched onto solid scarf using waste canvas.

JUMP-ROPE DOLLIES, page 60
To order full-size cutout patterns, see page 90.

continued on page 68

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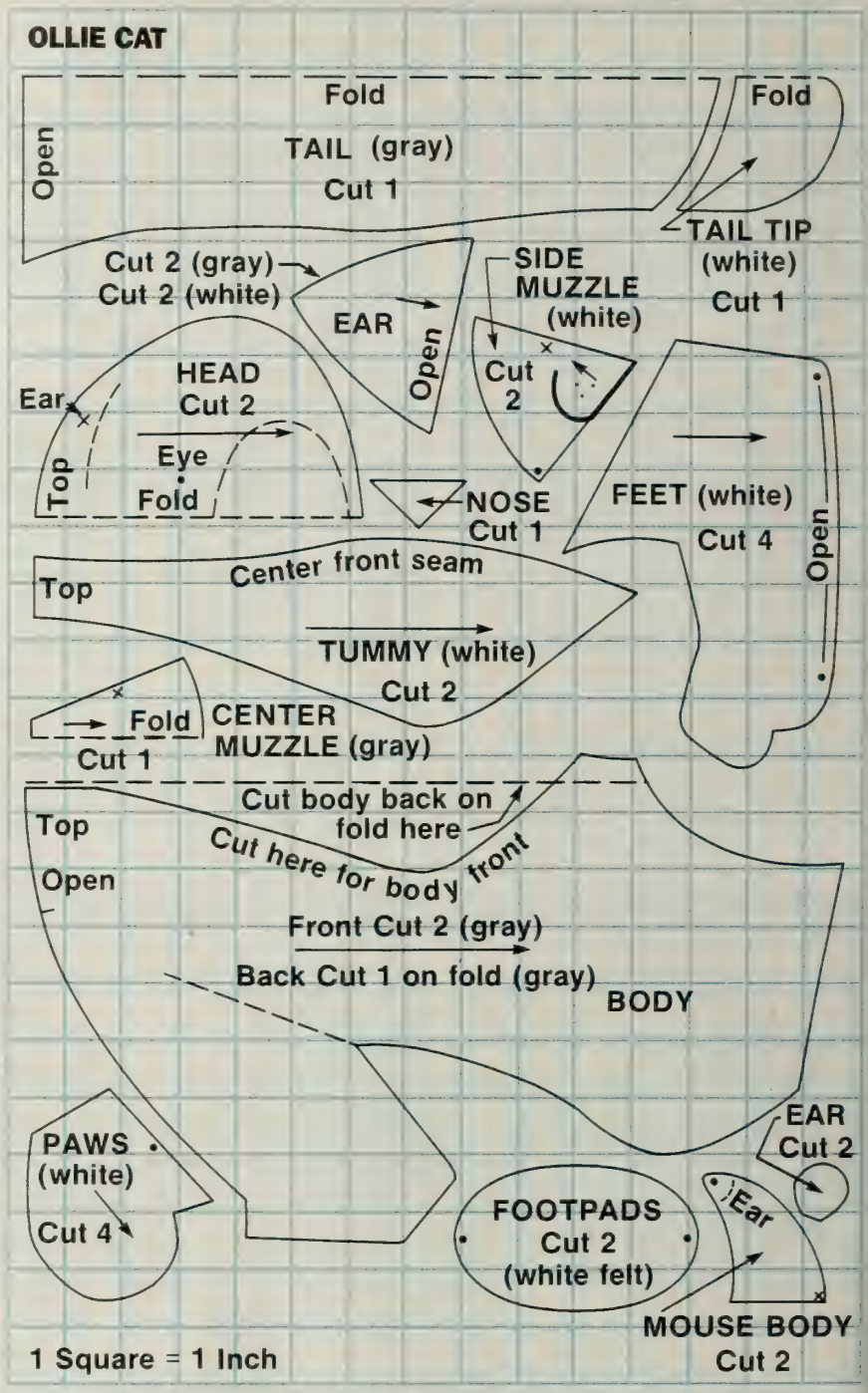


Materials: Wallpaper scraps; beige and brown construction paper; buttons (in pairs); embroidery floss; felt scraps; rubber cement; large needle; colored pencils or markers; string; oval beads.
Instructions: Enlarge pattern (*above*) to scale of 1 sq. equals 1 in., flopping design to complete. Trace body and leg patterns onto construction paper, but do not cut out.

Trace remaining pieces onto wallpaper; cut out. Glue dress, apron, and hair pieces onto body; glue pantaloons onto legs. Cut out body and legs from construction paper. Draw on facial details.

For each dolly, cut 2 felt spacer circles slightly smaller than buttons. From back, stitch through button, leg, spacer, body, and button; return to back and knot floss. See photograph on *page 60* for detail.

Thread needle with string. *Note:* There is a knot at each end of each bead and at front and back sides of each hand. Attach jump ropes to dollies by stitching through hands, using knots to hold string in place. While lacing string through hands, slip oval beads into place for handles. Dollies may be made separately or in rows.



DANCING DOLLS, page 60
To order full-size patterns, see page 90.
Materials: 1 yd. muslin or brown fabric for large doll, ½ yd. for small doll; fabric scraps for dress, apron, pantaloons, hair, and cheeks; black embroidery floss; polyester fiberfill; 2 large matching buttons; 2 small matching buttons; thread; 1 yd. Wonder-Under Transfer Web for large doll, ½ yd. for small doll; water-erasable marker.
Instructions: Enlarge pattern (*above, left*) to scale, flopping design to complete. Trace body and leg outlines onto muslin or brown fabric; trace eyes and mouth onto body. Embroider face.

Trace remaining pieces onto back of transfer webbing. Fuse to scraps according to manufacturer's directions.

continued on page 75

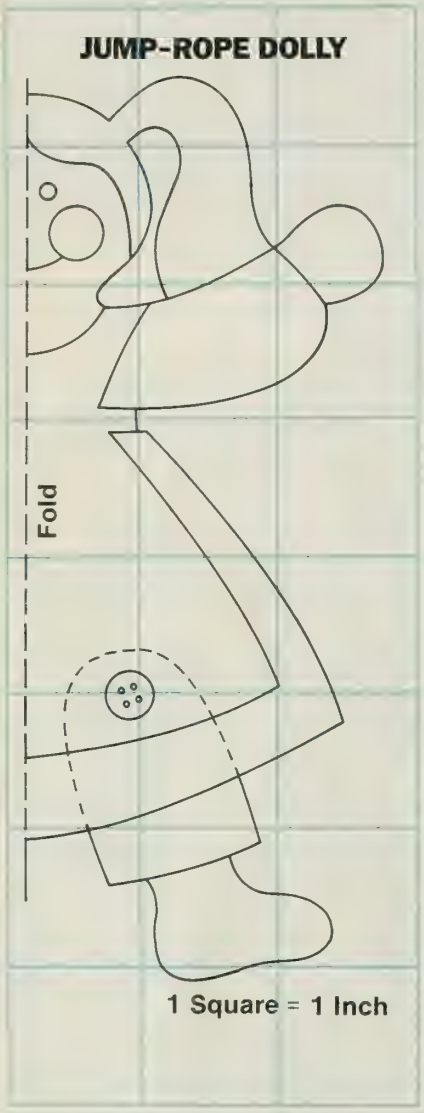
IDEAS

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BLACK&DECKER®
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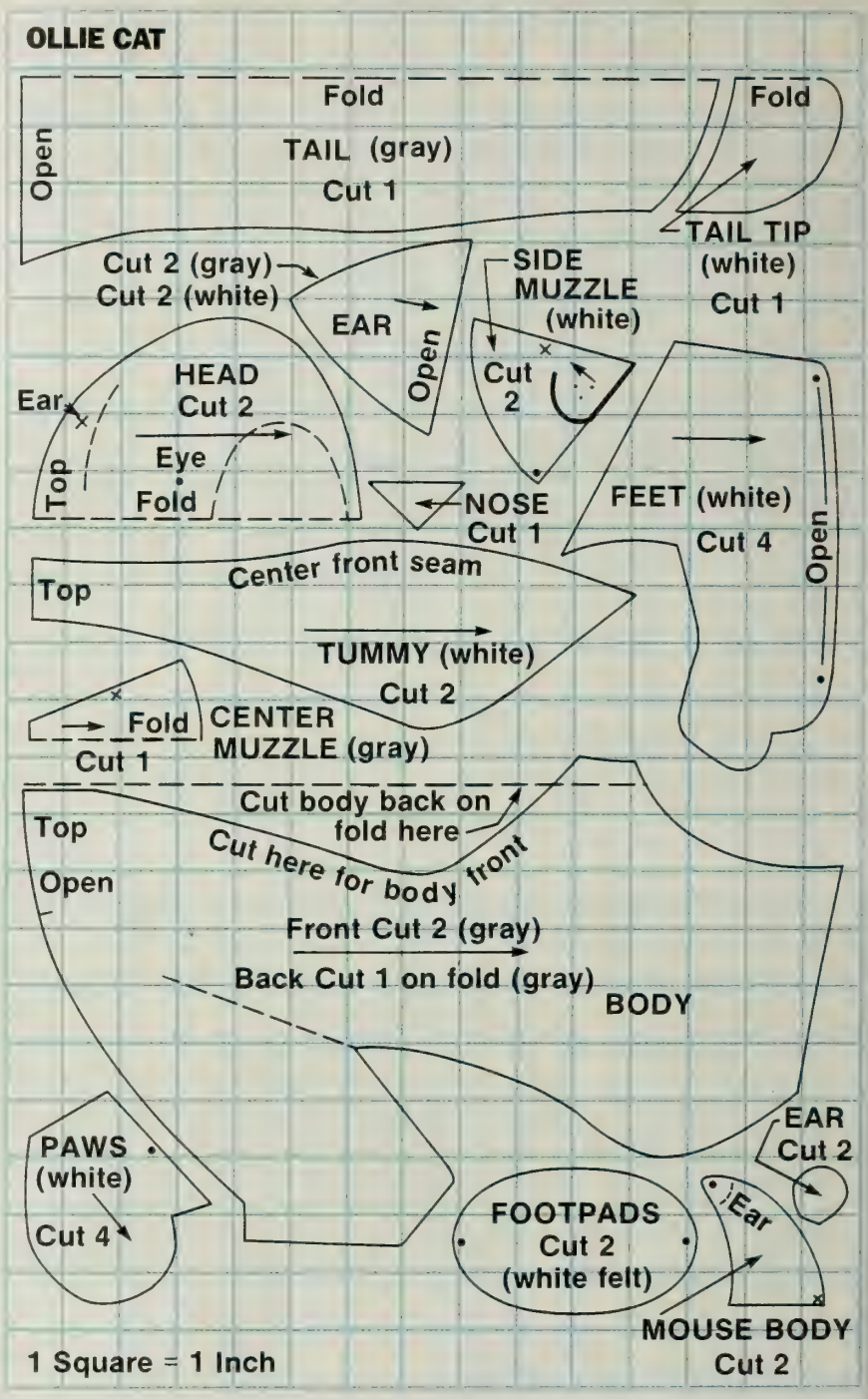


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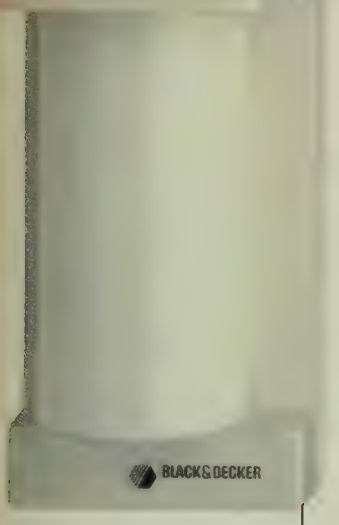
Trace remaining pieces onto back of transfer webbing. Fuse to scraps according to manufacturer's directions.

continued on page 75



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A beautiful idea that puts safety first. The Flamebuster™ fire extinguisher is always ready and always within reach. Extinguishes grease and trashcan fires instantly, with push-button ease.



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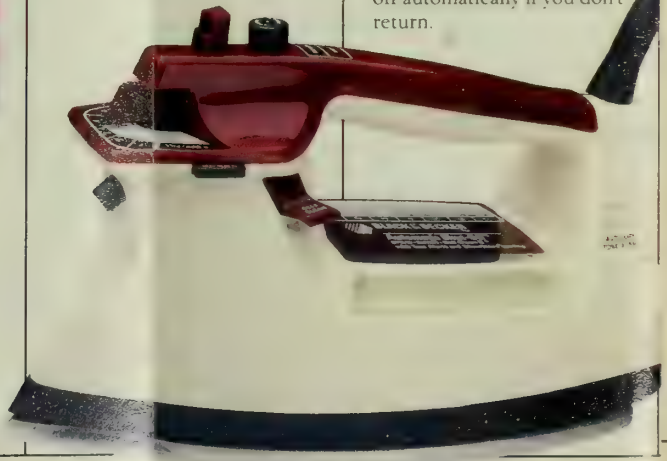


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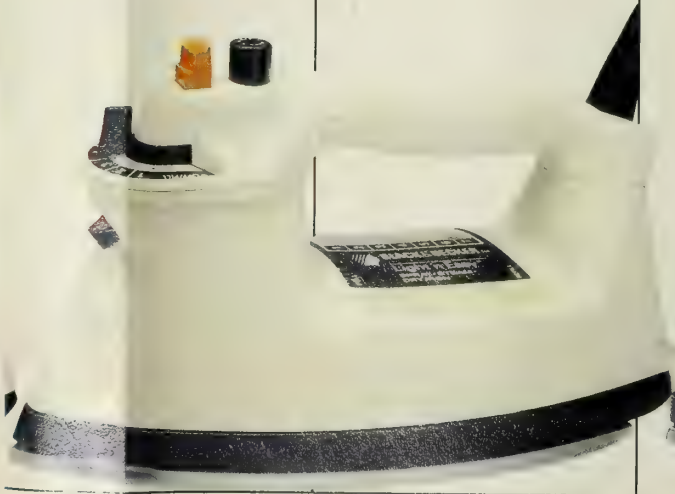
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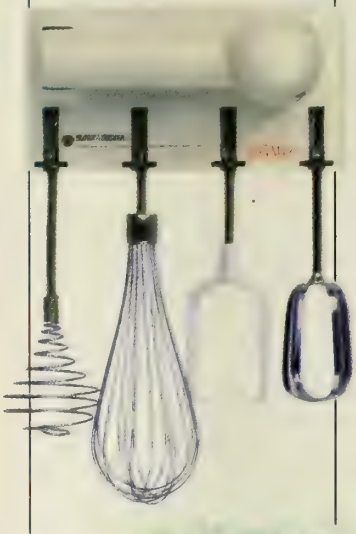
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"I don't get swept away by my cleaning anymore."

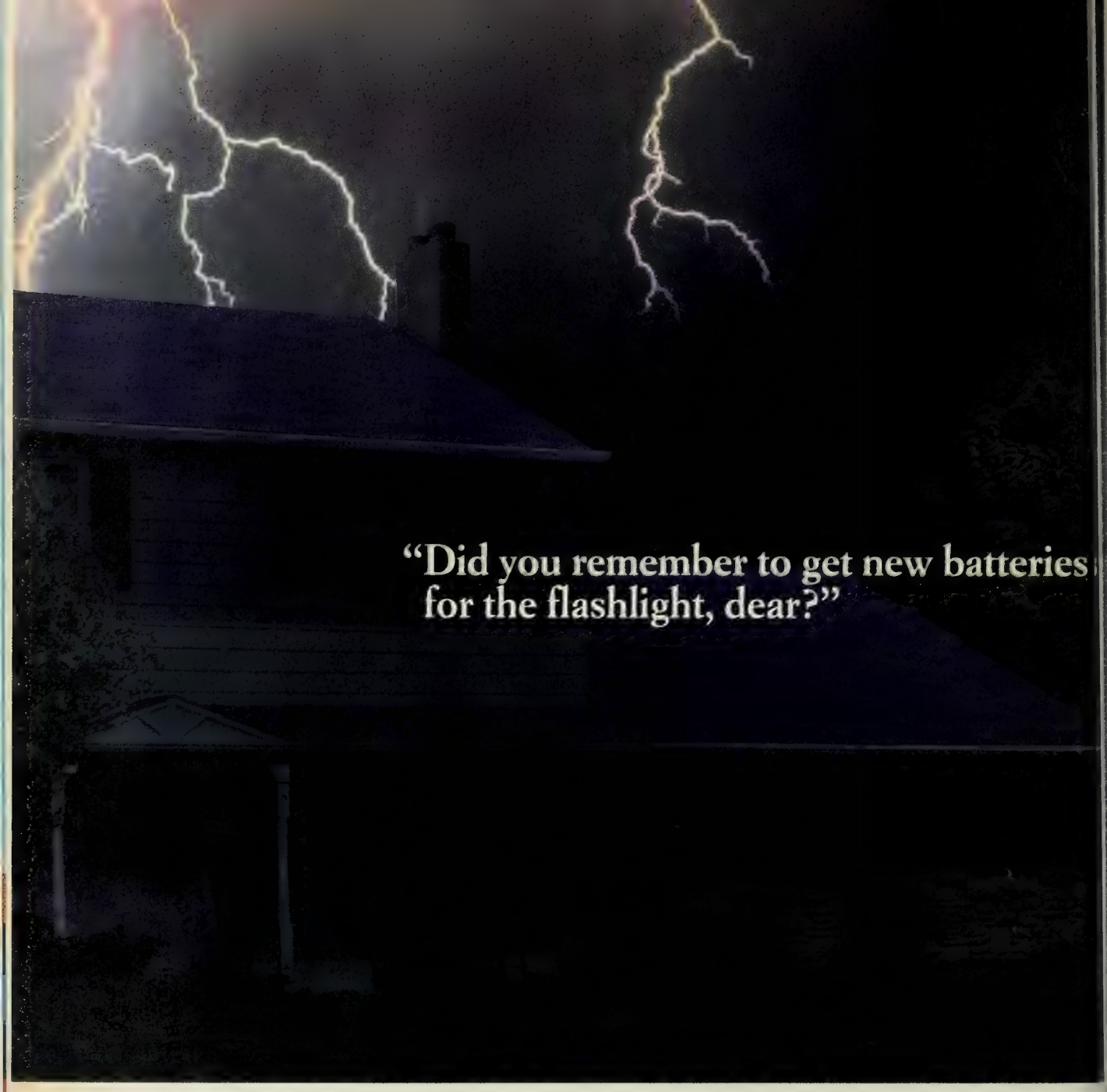
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SpotLiter™ FlashLiter™ LiteYears™

continued from page 68

Cut out all pattern pieces and fuse to body and legs according to manufacturer's directions.

Machine-appliqué around all pieces with matching thread. Machine-zigzag along traced lines of hands and feet.

Right sides together, sew backing to body and leg pieces, using appliqué lines as stitching line. Trim seam allowance to ¼ in. Make slit for turning in backs; turn right side out and press.

Stuff doll and leg pieces with fiberfill. Slip-stitch opening closed.

Mark button placement of legs and doll. Insert needle and thread from back through small button, leg, doll, and large button. Return needle to back side and knot thread.

OLLIE CAT, page 62

To order full-size pattern, see page 90.

Materials: ½ yd. gray fur; ¼ yd. white fur; 1 sq. white felt; gray and pink felt scraps; plastic eyes with lock washers; 3 black seed beads; 4 ft. monofilament; carpet thread; polyester fiberfill; soft-sculpture needle; permanent black felt pen; stiff brush; purchased necktie; black embroidery floss.

Instructions: ***Cat assembly:*** Enlarge pattern (*see page 68*) to scale. Cut out all pieces from appropriate fabric, making sure to reverse pattern where needed. *Note:* ¼-in. seam allowances are included on all pieces. All seams are sewn right sides together unless otherwise indicated in the instructions.

Stitch paws and feet to body fronts. Sew tummy pieces to body along curved edges; sew center seam.

Sew feet and paws to body back. Sew body front and back together, leaving open between dots on feet and at neck.

Pin felt footpads to opening at bottom of each foot, matching dots; stitch in place; clip.

Turn body to right side; stuff firmly. Hand-sew arm joints along dotted line. Whipstitch top opening closed; brush out fur caught in seams.

For tail, stitch white tip to tailpiece. Fold in half lengthwise, fur facing, and stitch. Turn and stuff lightly; attach to body back with carpet thread.

For head, insert eyes at dots of front piece. Sew front and back together, fur facing; leave opening for turning. Turn, stuff, and stitch closed.

Pin and stitch side muzzle pieces to center piece along sides marked with an X, forming a half circle. Bring straight edges together, matching dots at corners. Sew along edge, making cone shape. Fold cone so seam lines up with center front (dotted line on pattern), forming a triangle. Measure ½ in. from top of triangle and stitch straight across tip. Cut excess off tip, turn right side out, and brush seams. Stuff muzzle and stitch to head along dotted line using carpet thread. Trim to shorten long fur on gray section of muzzle and around eyes.

With double length of pearl cotton, stitch mouth as indicated using stem stitch. Sew or glue nose in place.

Cut heavy-test monofilament into 6 strands of varying lengths; stain black with a permanent felt tip marker. Thread 2 strands through muzzle at dots to form whiskers; tie a knot in each set at back to secure.

For ears, pin 1 of each color together and stitch. Turn; sew under bottom raw edges, and stitch to head as indicated on pattern. Position head near top edge of body; stitch securely.

Add print fabric necktie if desired.

Mouse assembly: Cut pattern pieces from gray felt. Pin and sew body pieces together, leaving bottom open. Turn right side out and stuff; whipstitch bottom of mouse closed.

Tack ears to head. Add black beads for eyes and nose. Stitch in black-thread whiskers in same manner as for cat. Cut narrow strip of felt for tail; attach to back of body at X.

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COUNTRY CRAFTS

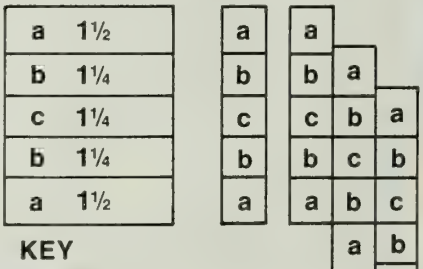
continued

BUNNY TOWELS, page 59
To order full-size appliqué patterns, see page 90.
Materials: Purchased towel; fabric scraps; water-erasable marker; contrasting thread; button; Wonder-Under Transfer Web.
Instructions: Enlarge pattern (*see page 86*) to scale. Redraw body pattern to include 1 back leg. Trace body, leg and ear insert pieces onto paper side of transfer webbing. Fuse transfer webbing to fabric according to manufacturer's directions. Cut out all pieces. Position pieces on towel and fuse in place. Machine-appliqué around all pieces. Stitch button in place. *Note:* Number and placement of bunnies vary with size and design of towel.

PIECED-PRINT PLACE MATS, page 60
Materials: ½ yd 45-in. print fabric in the following colors: blue, burgundy, gray, green, large red print, small red print; 1 yd. white fabric; ½ yd. polyester quilt batting.
Instructions: *Note:* The blue, burgundy, and gray fabrics are used on one side, the two red prints and the green

REVERSIBLE PATCHWORK PLACE MATS

Piecing Diagram

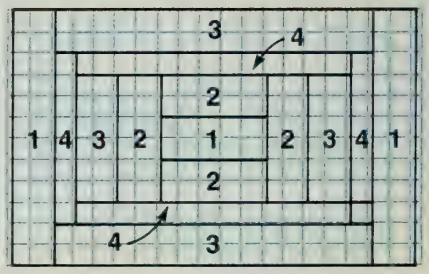


KEY
a = White
b = Gray/Small Red Print
c = Blue/Green

make up the other side, and the white fabric is used as a common fabric for both sides and the binding. Use ¼-in. seam allowances for all pieces.
Patchwork strips: Cut crosswise strips to widths indicated on piecing diagram (*above*). Sew strips together in order indicated on pattern; press seams.

Cut pieced strips into 1¼-in. bands. Sew all bands together into 1 large piece as indicated on piecing diagram

REVERSIBLE PATCHWORK PLACE MATS



KEY 1 Square = 1 Inch
1 Pieced Strips
2 Burgundy/Green
3 Blue/Large Red Print
4 Gray/Small Red Print

(*above left*). Press seams in one direction. Trim points off white pieces, leaving ¼ in. of fabric for seam allowance. Repeat with fabrics for reverse side.
Assembly: Enlarge place mat pattern (*above*) to scale; add ¼-in. seam allowances. Cut fabric pieces from pattern, using color key for placement. Cut batting for each pattern piece.

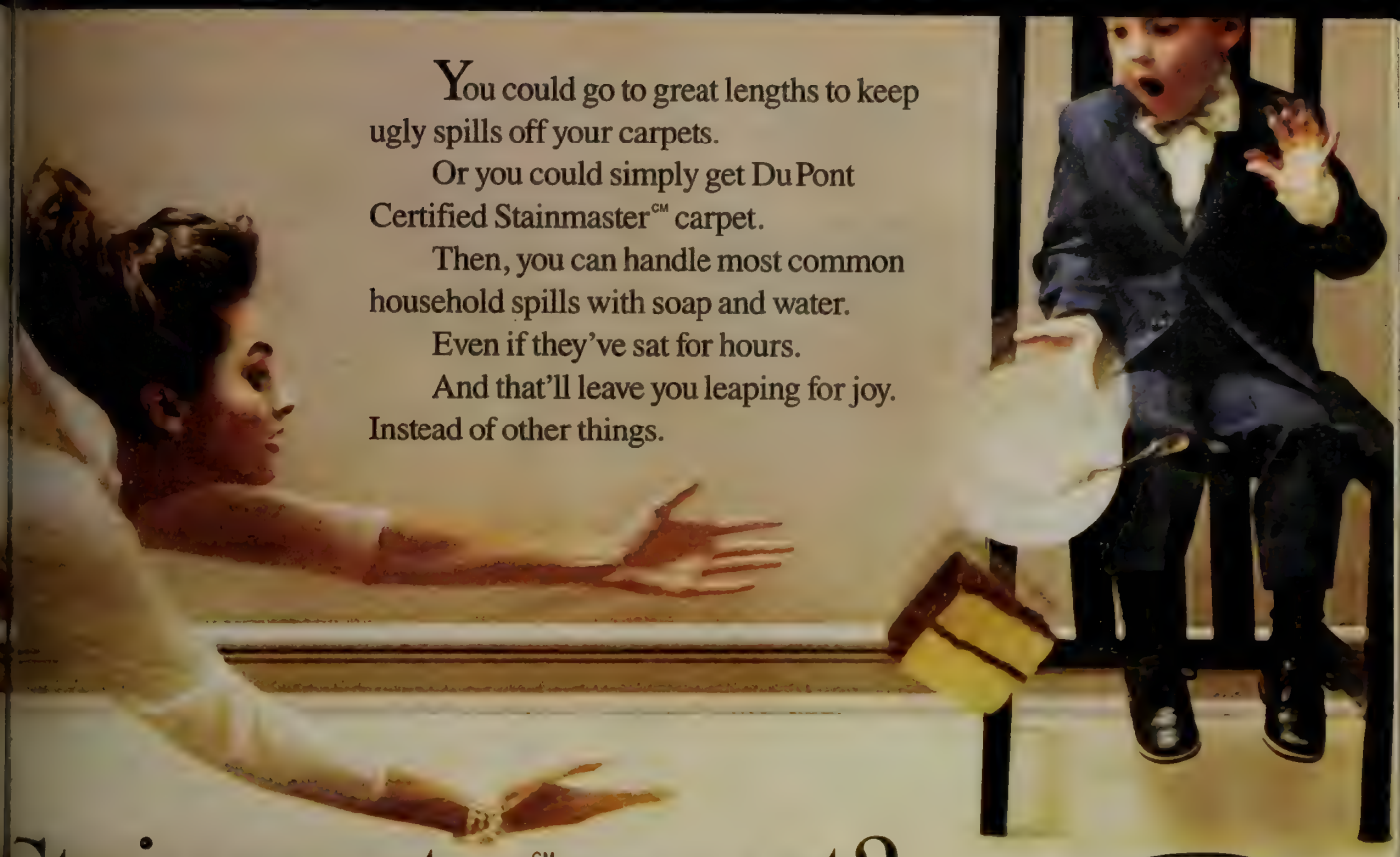
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Starting with center rectangle, layer batting between 2 patchwork sections with right sides out. Zigzag with tight stitch around all 4 sides.

Sew burgundy rectangle to 1 long edge of center section, right sides together; sew green fabric to other side, right sides together. Stitch batting on top green strip, wrong sides together. Press green, burgundy, and batting strips away from center patchwork, encasing batting and seam. Zigzag around remaining 3 edges.

Repeat process with remaining pieces, working from the center out.

Cut 2-in.-wide straight or bias binding strips from white fabric. Bind place mat as desired.

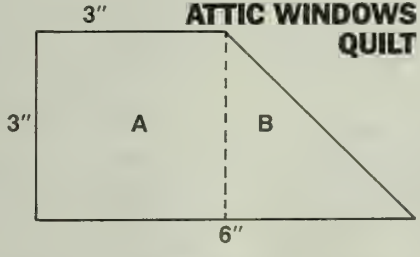
WOODEN TRAY, page 60
Materials: 14½-in. square ¼-in. pine or fir plywood; four ½×3½×15-in. pine for sides; two ½×1½×15-in. pine for handles; waterproof wood glue; 1-in.-long 16-gauge brads; dye or stain.
Instructions: Dado ¼×¼-in. trough ¼ in. from bottom of all sidepieces; miter ends. Cut 1⅛×9-in. piece from center of each side, rounding corners. Sand and round all edges.

Assemble 3 sides; insert bottom. Glue and nail remaining side in place.

Round outside edges of handles. Position handles at right angles to grain of bottom. Glue and nail handles flush to top of sidepieces. Color tray by soaking with fabric dye or stain as desired.

PAINTED HEART, page 60
Materials: Purchased wooden heart cutouts; acrylic paints; polyurethane.
Instructions: Paint base coat on hearts; allow to dry. Paint random designs with additional colors, using print fabrics for ideas; finish with polyurethane.

ATTIC WINDOWS QUILT



ATTIC WINDOWS QUILT, page 61
Materials: 45-in. fabric in following amounts: 1⅛ yd. burgundy, 1¾ yd. muslin for backing and binding; 7×7-in. dark-colored fabric scraps to total 1 yd.; 7×7-in. light-colored fabric scraps to total 1 yd.; 32×38-in.-piece quilt batting; quilting and sewing threads; plastic or cardboard for templates; water-erasable marker.
Instructions: Finished size of quilt is approximately 30×36 in. Prewash all fabric; press if necessary. All seam allowances are ¼ in.

Note: There are 2 template patterns overlapping on the pattern given—the larger trapezoid (pattern B) and a 3-in. square (pattern A) that is inset in the trapezoid. Enlarge both template patterns (*left*) to scale; add ¼-in. seam allowances to all sides.

Cutting: From burgundy, mark and cut 20 pattern A squares, two 3½×30½-in. end borders, and two 3½×36½-in. side borders; set aside.

Mark and cut 10 pattern B trapezoids from dark fabric scraps. Reverse template and cut 10 more. Repeat for light scraps.

Assembly: Group pieces into twenty 6-in. units, each consisting of a dark trapezoid, a light trapezoid, and a square. Sew A to one trapezoid B; sew second trapezoid to square, pivoting at corner. See photograph on *page 61* for detail. Press seams in one direction. Repeat for remaining pieces.

continued

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continued

Join 4 completed blocks to make row. Repeat to make 5 rows; sew rows together. Add borders, mitering at corners; press with a medium-hot iron.

Cut backing and batting to fit quilt top. Layer backing, batting, and top together; baste in place. Quilt as desired. See photograph on *page 61* for detail.

From remaining backing fabric, cut 3-in. bias strips for binding. Sew binding to quilt top, right sides together. Turn binding to back of quilt and sew in place, turning under raw edges.

CAT CROSS-STITCH, page 60

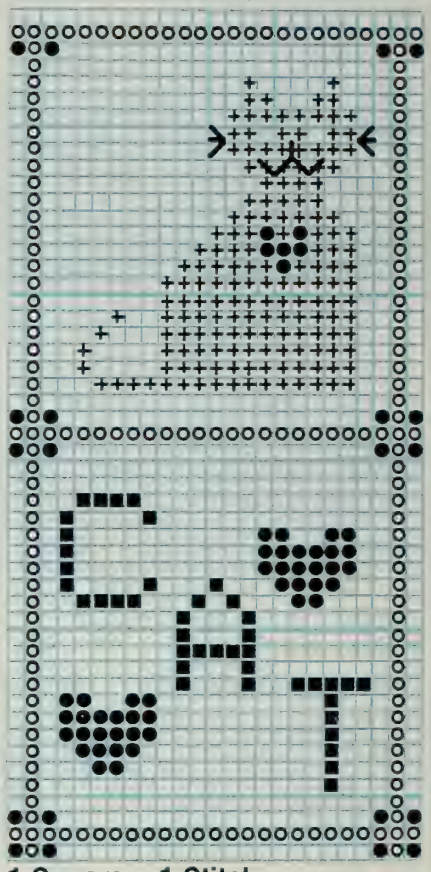
To order Cat Cross-Stitch Kit, see page 90.

Materials: 10×10-in. piece 14-ct. even-weave fabric; DMC floss in the following colors: tan No. 612, blue No. 926, pink No. 3350, dark blue No. 311; water-erasable marker; embroidery hoop.

Instructions: Finished size approximately 5×5 in. *Note:* Only partial pattern is given for design. All stitching is done with 2 strands floss over 1 square.

Using a water-erasable marker, draw 67×73-stitch rectangle onto fabric, centering design. Within this outline, draw borders for nine 21×23-stitch rectangles. See photograph on *page 60* for detail. Stitch dark blue outer and inner borders on these lines. Stitch pink corner motif in each corner of the sampler, referring to photograph on *page 60* for placement and stitching detail.

CAT CROSS-STITCH



1 Square = 1 Stitch

KEY

■ Blue ◉ Pink

⊡ Dk Blue ⊞ Tan

Center and stitch word "CAT" and hearts in center block. Center and stitch blue cats in each corner block. Center and stitch tan cats in remaining 4 blocks.

Backstitch mouths and whiskers of all cats in dark blue, using 1 strand floss. Frame as desired.

SPONGE-PAINTED SOCKS, page 61

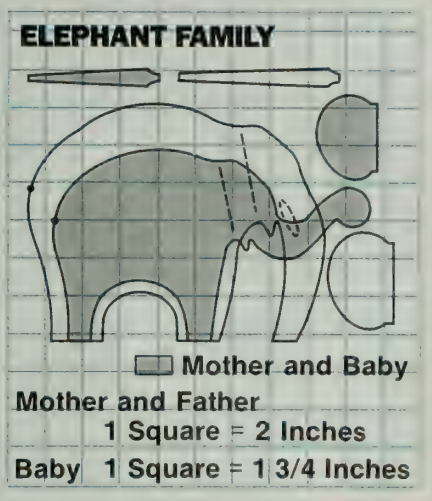
Materials: Permanent fabric paint or dye; natural sponge; white cotton or nylon socks.

Instructions: Mix dye as directed on package, using only a gallon of water to make a high concentrate. Dip sponge into dye or fabric paint, allowing excess to drip off. With socks lying flat on paper, press gently onto socks. Repeat for other sides of socks. *Note:* If printing with fabric paint follow manufacturer's directions for heat setting.

Wash socks separately the first few times to prevent excess dye from fading onto other clothing.

ELEPHANT PULL TOYS, page 61

To order Elephant Pull Toys project plan, see page 90.



Materials: *For baby*, three 14½-in.-long 1×10s; 9-in.-long 1×4 for base. *For mother*, four 17-in.-long 1×12s; 10-in.-long 1×6 for base. *For father*, 5 each of 16-in.-long 1×10s and 1×4s; 17-in.-long 1×8 for base.

Scraps of pine for wheels; 1×1s for axle casings; ¼-in. dowel for axles; ½-in. dowel for tusks; four ¼-in. washers for wheel spacers; wood glue; finishing nails; wood screws; fabric and wallpaper scraps; scraps of fusible webbing; pinking shears.

Instructions: Enlarge patterns (*above*) to scale onto paper.

Note: Each elephant is made from layers of wood laminated together. Cut out centers of inside pieces to reduce weight before gluing together. *Father* is made from layers of 1×10s and 1×4s laminated together, offsetting joints.

Glue and clamp wood pieces together to make wood blocks for elephants. Transfer pattern to laminated wood, cut out; sand. Shape trunks by tapering from mouth area to tip of trunk, referring to photograph on *page 61*. *Baby* tapers in ½ in. on each side; *mother* ¾ in. on each side; and *father* 1 in.

Paint elephants as desired.

For base, cut wood to size as follows: *baby*, 3¾×9 in.; *mother*, 4½×10 in.; *father*, 6×17 in. Dado trough into 1×1 axle casings to fit dowels. Glue and nail to bottom of base 2 in. from ends.

Paint bases as desired. Attach elephants to appropriate base with wood screws and glue.

Cut twelve 3-in. circles for wheels. Drill centers to recieve dowel axle. Paint wheels; glue wallpaper to outside of wheels if desired. Insert dowels into axel casings, add washers as spacers, glue on wheels.

To finish, press fusible webbing between scraps of cloth, right sides out. Glue and tack to body as indicated on pattern.

COUNTRY BUNNY, page 61

To order full-size pattern, see page 90.

Materials: 45-in.-wide fabric in the following amounts: ⅔ yd. gray floral corduroy, ⅓ yd. gray seersucker (for underbody, muzzle, ears, tail); scraps of the following: plum corduroy (for soles, nose), lightweight lining (for underbody), interfacing; ½ yd. ⅜-in.-wide gray grosgrain ribbon; 1 yd. ⅝-in.-wide print ribbon; polyester fiberfill; water-erasable marker; doll needle; dental floss; fabric glue.

Instructions: Enlarge pattern (*see page 80*) to scale. Cut out all pieces. *Note:* Pieces include ¼-in. seam allowances.

Body: Sew backs together from neck to A along center seam. Gather outer back leg between dots. Pin leg to back between B and C. Gather; sew in place.

Gather outer front leg between dots. Pin leg to back from neck to D. Gather to fit; sew in place.

Sew center seam of striped underbody. Baste lining to underbody, wrong sides together.

Sew center seam of inner back legs from A to F. Sew legs to underbody from C to F.

Sew inner front legs to underbody from D to G.

Sew outer front legs to front underbody; sew inner front legs from neck to toe matching dot G. Sew back seam of front legs from heel to D.

continued

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Sew underbody to back from D to C, keeping seam allowances free. Sew top seam of back leg from C to toe, keeping seam allowances free.

Sew soles to feet openings, matching centers front and back.

Turn to right side; stuff firmly with polyester fiberfill.

Head: Sew center back seam of head sides. Gather between dots as indicated on pattern piece. Slash along line indicated on pattern piece. Match dots I and I, pulling gathering threads to fit; stitch in place.

Sew center seam of seersucker ear fronts; baste interfacing to wrong side. Sew ear front to ear back, leaving bottom edge open. Turn ears to right side. Pleat ear to add fullness; baste to head side as indicated on pattern.

Sew head gusset to head sides from J to J, matching back centers and leaving straight edge open.

Sew nose to gusset front between J and J, easing to fit.

Sew center front muzzle seam. Gather muzzle between I and J. Pin muzzle to head sides, matching dots and pulling gathers to fit. Stitch in place.

Sew top of muzzle to nose from J to J, matching centers and easing to fit.

Sew center front seam of head sides. Then sew bottom of muzzle to head sides, matching I dots and centers.

Clip seams and turn right side out. Stuff firmly, pushing fiberfill into gathered areas for shaping.

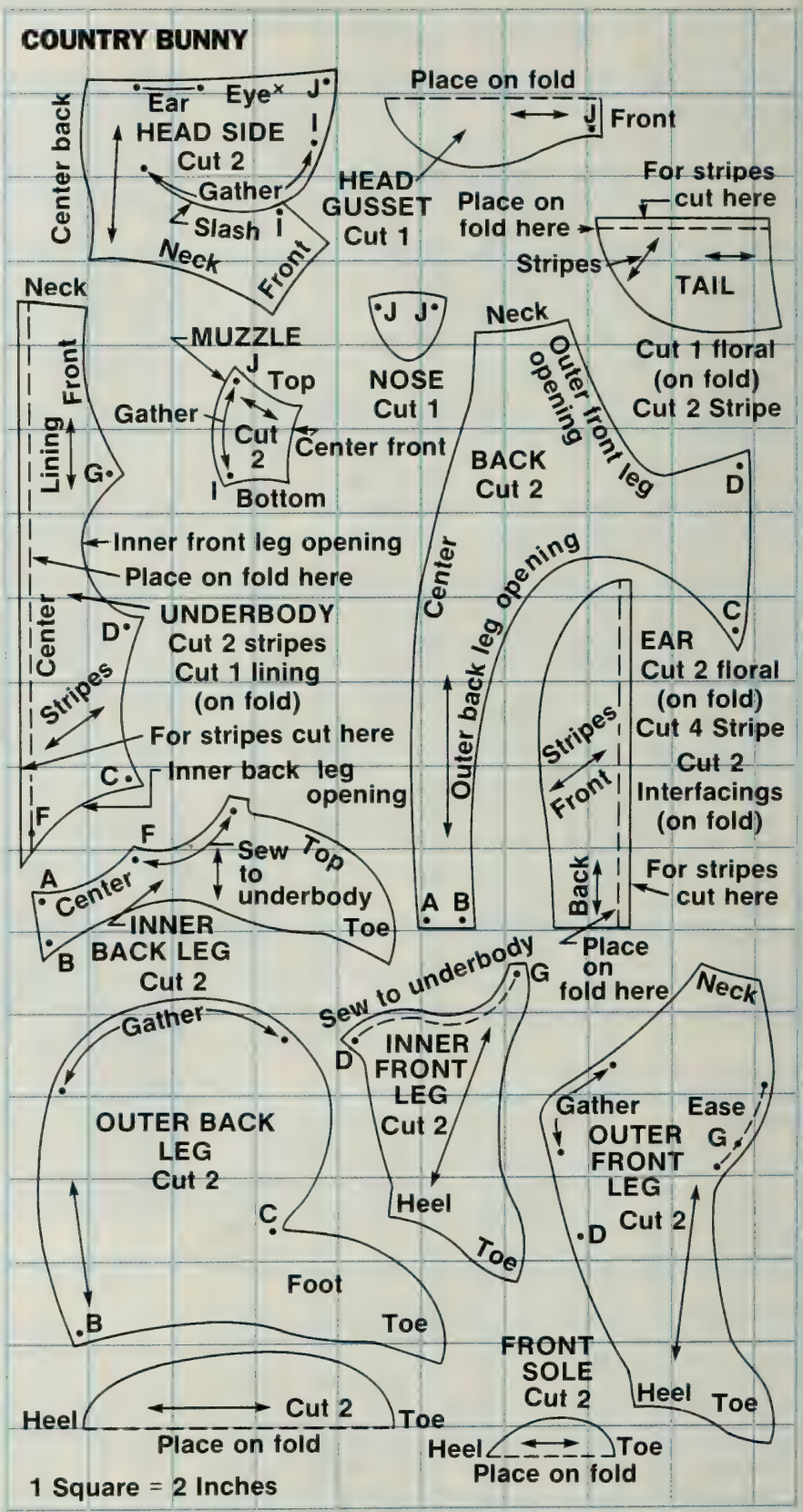
Assembly: Pin head to body, matching center back seams and using ½-in. seam allowances on sides. Sew along neck with ladder stitch, using doll needle and dental floss.

With doll needle and dental floss, sew through head from eye to eye, pulling floss taut to form eye indentations.

Cut narrow ribbon in half; tie 4 overlapping knots in each half. Glue ends under knot and trim. When dry, glue or stitch into eye indentations.

Sew center back seam of seersucker tail bottom. Sew bottom to top, leaving straight edge open. Turn to right side and stuff lightly. Turn raw edges to inside and topstitch closed with gathering stitches; pull stitches and tie off. Tack tail to back and bottom of body.

Tack underside of ears to top and back of head gusset.



SWEATER-KNIT HEARTS, page 62

Materials: 5½-in. squares printed knit fabrics from sweaters or socks; polyester fiberfill; assorted colors embroidery floss; assorted buttons; doll needle; scraps fusible interfacing.

Instructions: Fuse interfacing to wrong side of knit fabric according to manufacturer's directions. With ribbing of knit vertical, draw heart onto interfacing. Pin second interfaced sweater section to first with right sides together. Sew along stitching line, leaving opening for turning. Trim seam allowance to ¼ in.; turn. Stuff heart firmly; slipstitch opening closed.

Embellish with embroidery stitches, using sweater pattern as guideline. See

continued

THINK TWICE.



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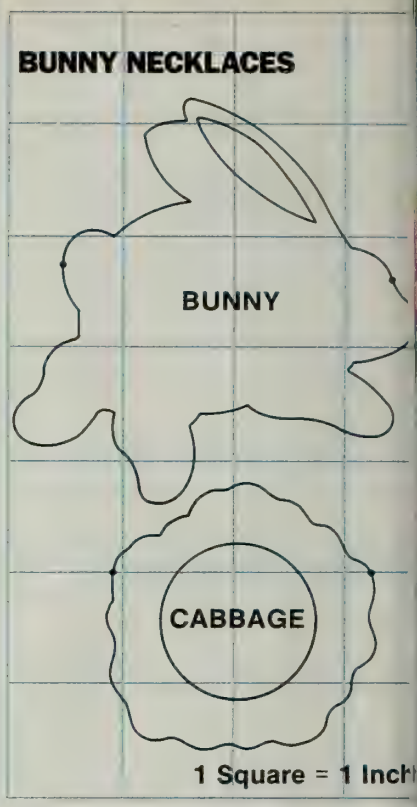
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COUNTRY CRAFTS

continued
photograph on *page 62* for detail. If desired, sew button on both sides of heart, stitching through heart.

CROSS-STITCH INITIAL PILLOWS, page 62 and 63
To order cross-stitch alphabet book, see page 90.
Materials: 14×14-in. piece 14-count Zweigart Sturbridge even-weave fabric; tapestry yarn; darning needle; purchased initial pattern.
Instructions: Mark center of pattern and center of fabric; begin stitching here. Cross-stitch initial onto fabric using 3 strands yarn over 2 squares. Finish into pillow as desired.

BUTTON-GALORE TOPS, page 63
Materials: Purchased sweatshirts; assorted colors and sizes of buttons; water-erasable marker; thread.
Instructions: Determine design for sweatshirt, using shape of neckline and buttons as guidelines. If specific pattern is to be used, draw design onto sweatshirt with water-erasable marker. Sew buttons to front of sweatshirt and around back neckline.

BUNNY NECKLACES, page 61
To order full-size pattern of bunn and cabbage designs, see page 90.
Materials: ½-in. plywood scraps; 1 yc narrow cord; assorted wooden beads wallpaper scraps; 2-in. needle; glue polyurethane; jigsaw or coping saw glue; sandpaper; drill.
Instructions: *For Bunny and Cabbag Necklace,* enlarge bunny and cabbag patterns *(above)* to scale; trace 1 bunny and 2 cabbage patterns onto plywood Cut out pieces, sanding edges lightly Drill hole through center of pieces a indicated on pattern. *Note:* If drill bit i not long enough, cording may be tacke to back of wood instead of being strun through. Paint all pieces.

Cut out 1 bunny and 2 cabbage pat terns from wallpaper. Glue wallpape to appropriate pieces. See photograph on *page 61* for detail. Lightly coat with polyurethane. Thread cord through needle, tapering end of cord if neces sary. String bunny onto center of cord string beads onto each side of bunny Add cabbage and additional beads t each end, referring to picture on *pag 61* for detail. Tie cord in knot to secur beads. Try on necklace, tying to appro priate length. Knot cord 1 in. from eacl end; add 1 additional bead. Knot cor and trim ends.

For Three-Bunnies Necklace, substi tute 2 bunnies for cabbages.

BUNNY APPLIQUÉ SWEATSHIRT page 63
To order full-size patterns of appliqu designs, see page 90.
Materials: Purchased sweatshirt; fabri
continued on page 8

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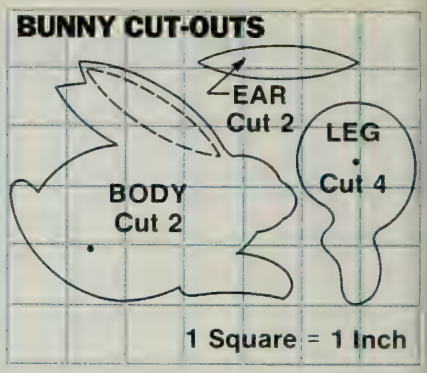
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mark joint. Assemble bunny by inserting needle and floss through as follows: button, leg, spacer, bunny, spacer, leg, and button. Return needle to back side and tie floss in knot.

For wallpaper border: Cut single layers of body and ear inserts; cut 2 legs. Glue ear insert and legs in place with rubber cement. *Note:* Change position of legs for each bunny to add interest. Glue bunnies to wall with wallpaper paste. Glue button in place with hot-glue gun or white glue.

PILLOW TICKING QUILT, page 62

Materials: 45-in.-wide fabric of 1¾ yd. teal, ⅓ yd. purple, 1½ yd. backing; 3⅜ yd. 32-in.-wide striped pillow ticking; 160 odd-lot buttons; 52×76-in. piece lightweight quilt batting; thread.

Instructions: Finished size approximately 76×52 in. All pieces include ½-in. seam allowances. Preshrink fabrics.

Cut the following pieces: 135 five-in. squares from ticking; two 9×61-in. and two 9×37-in. strips from teal; four 9-in. squares from purple.

Sew 9 striped squares together to form 1 row, alternating direction of stripes with each piece; press seams in one direction. See photograph on *page 62* for detail. Repeat to make 15 rows. *Note:* Half of strips will start and end with horizontal stripes; remaining will start and end with vertical stripes.

Stitch rows together to form quilt top, alternating rows of horizontal and vertical stripes; press seams.

Stitch long teal strips to long sides of quilt top. Sew purple square to each end of short teal pieces; attach to short ends of quilt top.

Cut backing in half. Piece backing by sewing 2 long sides together. Baste batting to wrong side of quilt top, trimming edges as needed. Pin quilt top to backing, right sides together. Sew top to backing, leaving opening for turning. Trim seams; turn to right side and stitch opening closed.

Sew buttons at each intersection stitching through all layers.

JUMP-ROPE DOLLY APPLIQUÉ SWEATSHIRT, page 63

To order full-size patterns of appliqué designs, see page 90.

Materials: Purchased sweatshirt; fabric scraps; ¼ yd. muslin or brown fabric

continued

COUNTRY CRAFTS

continued from page 82

scraps; ¼ yd. Wonder-Under Transfer Web; thread; 3 buttons.

Instructions: Enlarge pattern (*above right*) to scale. Add underneath leg to body pattern (see photograph on *page 63*). Trace 3 bunnies, 3 legs, and 3 ear insets onto back of transfer webbing. Fuse to fabric according to manufacturer's directions.

Cut out all pieces and fuse to sweatshirt according to manufacturer's directions. See photograph on *page 63* for placement. Machine-zigzag around all pieces. Sew button in place at dot.

PAPER BUNNY CUTOUTS, page 62

To order full-size cutout patterns, see page 90.

Materials: Wallpaper scraps; buttons; embroidery floss; rubber cement; large needle; felt scraps.

Instructions: Enlarge pattern (*above right*) to scale; trace onto paper. Cut all pieces from wallpaper, making sure to reverse pattern. Glue wrong sides of bunnies together; repeat with pairs of legs. Glue ear insets in place.

For each bunny, cut 2 felt spacer circles slightly smaller than buttons. Insert needle at dot on bunny and leg to



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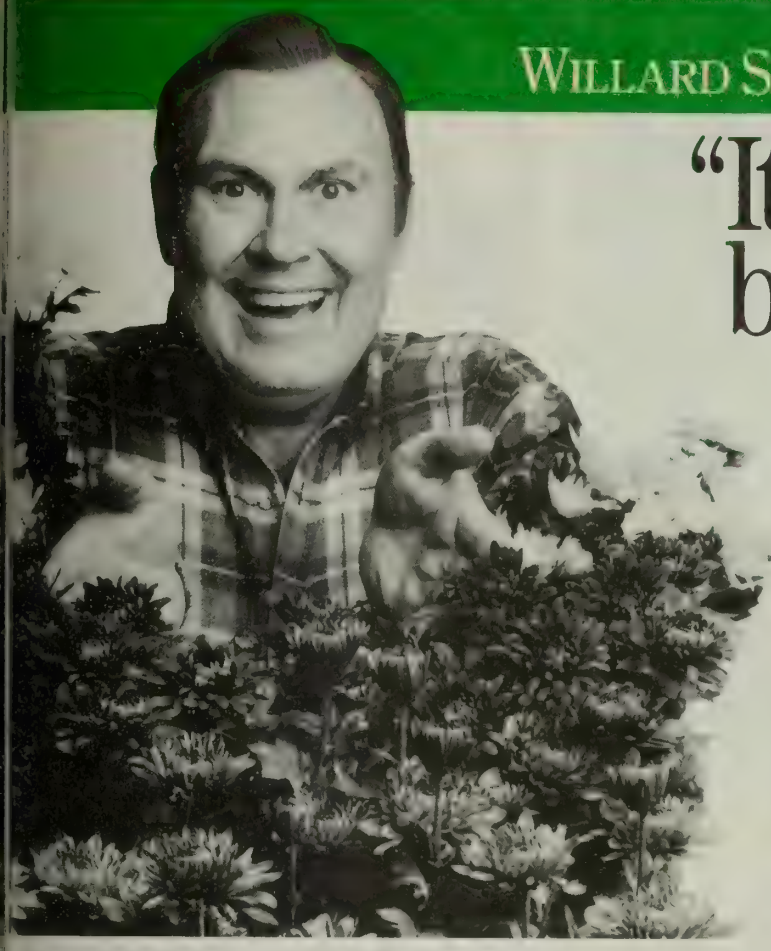


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COUNTRY CRAFTS

continued

for legs and body; ¼ yd. Wonder-Under Transfer Web; thread; black embroidery floss; 2 oval beads.

Instructions: Enlarge pattern (*see page 68*) to desired size, flopping design to complete. Trace all pieces onto back of transfer webbing. Fuse to fabric according to manufacturer's directions.

Cut out all pieces. Lay body and leg pieces on sweatshirt to determine proper placement. Slip shoelace under body and on top of hands; pin in place. Fuse pieces to sweatshirt in the following order: legs, pantaloons, body, dress, apron, hair, cheeks. *Note:* Fuse body over shoelace to secure. See photograph on *page 63* for placement.

Machine-zigzag around all pieces. Slip ends of shoelace through beads and stitch in place on top of hands. Satin-stitch eyes; embroider mouth.

COUNTRY-PRINT HEART SACHETS, page 63

Materials: Fabric scraps; contrasting thread; iron-on interfacing scraps; narrow ribbon scraps; lavender sachet (see recipe below) or polyester fiberfill; scented lavender oil (available at crafts stores); pinking shears; darning needle; water-erasable marking pen.

Instructions: *Note:* Heart sachets are filled with a scented potpourri mixture. Polyester fiberfill may be substituted for sachet recipe if desired.

Iron interfacing to wrong sides of fabric scraps. Draw hearts onto right sides of fabric with water-erasable marker, allowing ½-in. margin.

Fold fabric in half, wrong sides together. Satin-stitch along marked line using narrow, tight zigzag stitch; allow opening for turning.

To make lavender sachet: This recipe is made entirely from herbs and spices. Another recipe or commercially prepared potpourri may be substituted.

Mix together the following ingredients: 3 ounces of thyme, ½ ounce each of rosemary, wormwood, and melilot, 1 ounce of lavender, ¼ ounce each of tansy and mint, 1 teaspoon each of cloves and orris root.

Crush ingredients together into a fine powder. To preserve the scent, add a few drops of scented oil.

Spoon powder into opening of heart, packing until firm. Satin-stitch opening closed; trim edges to approximately ½ in. with pinking shears.

For batting filled sachets: Saturate pea-size piece of fiberfill with scented oil; squeeze out excess. Stuff heart with additional batting, burying scented batting in center. Finish as above.

Thread needle with ribbon and insert into center of heart. Tie bow; trim ends.

PAINTED-PRINT BOWL, page 63

Materials: Unfinished wooden bowl; assorted acrylic paints; polyurethane; masking tape.

Instructions: Mask edges of bowl to keep free from paint; sand surface lightly. Paint inside of bowl with base coat and allow to dry completely. Give a second coat if necessary.

With acrylics, paint inside of bowl with random designs such as stripes, polka dots, and floral motifs. Refer to photograph on *page 63* for ideas, or copy designs from fabric and wallpaper prints. Finish with polyurethane.

DESIGN CREDITS

Page 59: Sweater-Knit Mittens: Margaret Sindelar. Cross-Stitch Scarf: Nancy Kluender. **Pages 60–61:** Jump-Rope Dollies: Susan Carson. Dancing Dolls: Susan Carson. Bunny Towels: Susan Carson. Cat Cross-Stitch: Nancy Kluender. Pieced Print Place mats: Jan Hawks. Painted Heart: Jim Williams. Attic Windows Quilt: Judy Florence. Country Bunny: Tess Boernke. Elephant Pull Toys: Jim Williams. Sponge-Painted Socks: Jil Severson. Bunny Necklaces: Jim Williams. **Pages 62–63:** Paper Bunny Cutouts: Susan Carson. Sweater-Knit Hearts: Susan Carson. Ollie Cat: Phyllis Dunston. Pillow Ticking Quilt: Linda Beardsley. Cross-Stitch Initial Pillows: Jil Severson. Buttons-Galore Tops: Ciba Vaughan, Jil Severson. Appliqué Sweatshirts: Susan Carson. Country-Print Heart Sachets: Jil Severson. Painted-Print Bowl: Jim Williams.

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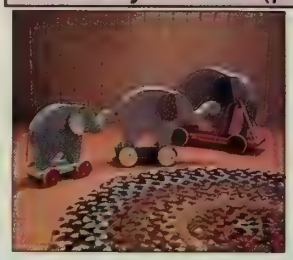
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Country Crafts (pages 59 to 63)



Use our professional quality woodworkers' blueprints to duplicate our **Elephant Pull Toys** on page 61. This ***Better Homes and Gardens®*** Project Plan includes full-size patterns for all three elephants, lists of materials, construction tips, and complete step-by-step instructions.



Ollie Cat (page 62) is an exclusive ***Better Homes and Gardens®*** design (not available in stores) and our full-size pattern includes complete, easy-to-follow instructions. Also available as full-size patterns are our **Country Bunny** (page 61) and our **Bunny and Dolly Designs** (pages 59 to 63).



For more build-it-yourself ideas, order our Project Plan Catalogs. Each 5½ x 9 inch quality paperback contains 128 pages with all photos and editorial material taken from the pages of ***Better Homes and Gardens®*** magazine. Lots of full color. Altogether these three books contain 375 pages of project plans of all types. Directions to some of the projects are contained in the books, and plans for the more complicated ones can be ordered by mail. **SAVE when you purchase our 3-book pack!**



Duplicate our **Cat Cross-Stitch Sampler** (page 60) with the kit containing 14 count oatmeal Aida, floss, needle, chart, and complete instructions. An exclusive ***Better Homes and Gardens®*** design (not available in stores).



This **Alphabet Album** contains 15 different decorative alphabets charted for cross-stitch and needlepoint. Most of the styles include upper case, lower case, and numbers.

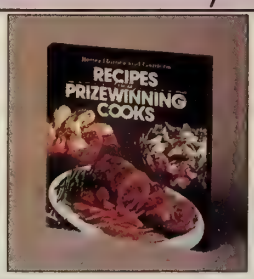
Prize-Tested Recipes® (pages 102 to 110)



Clip our Prize-Tested Recipes® from every issue of ***Better Homes and Gardens®*** and store them safely in ***My Recipe Collection.*** This loose-leaf binder with sturdy dividers and index system is ready for you to fill with your family's favorite treats. Keeps recipes safe, organized and easy to find. Ring-bound, 142 pages, and includes our tested preparation tips.



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CAR INSURANCE

IS IT EVER SMART *NOT* TO FILE A CLAIM?



STEVE BJORKMAN

Filing too many claims can hike premiums considerably. NOT filing could risk much more.

Last winter, Gene Robbins was driving just 15 mph, hit an ice patch, and skidded into a tree. His insurer paid the bill: $650, minus a $200 deductible. A few months later, Gene's teenage son backed the same car into a neighbor's empty parked car, denting the door. Again, the insurer paid: $800, net.

Then Gene received his new insurance bill—with a 30-percent hike in premiums.

A common dilemma

That 30-percent rate rise was a blow, especially since Gene's insurance already cost a bundle, with a teenage driver in the house. Would he have been better off not making the claims, paying out of his own pocket instead?

That's not an uncommon question, but the answer isn't necessarily clear.

On the one hand, too many claims in too short a time or for too much money can boost your premiums considerably and may jeopardize your coverage.

On the other hand, not filing might risk serious financial liability later on.

Most experts advise that you not take any chances where there's potential liability for serious damage to someone else's property or any damage to a person. But what about the gray areas, such as Gene experienced? He wasn't driving recklessly when he skidded. No one was in the car Gene's son hit, and repair costs were moderate. What would your best move be in a similar situation? The following information can help you make an informed decision. If you have any doubts, check with an attorney as well.

How the insurers figure it

Most insurers work under a concept of "chargeable" accidents, though definitions vary somewhat among companies and states. State Farm, for example, considers an accident chargeable when the company must pay at least $400 to $600, depending on locale. Exceptions include when your legally parked car is hit, or the other driver gets a moving violation and you don't.

Whatever their definition of chargeable, all insurers get nervous when you file more than one claim in a short period—two claims in three years, or three in five, for example.

How much will premiums rise?

Some companies apply simple formulas: for example, an extra 10 percent on your premium for your first accident with a chargeable claim, an additional 20 percent for a second chargeable claim within three years, up to 50 percent more for a third claim.

Other companies forgive a first accident if you've been a customer for several years, but premiums could take a big leap—at least 40 percent, and as much as 100 percent—for a second incident within three years or some other specified period.

continued



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A fresh-baked apple pie cools seductively. A small figure grabs it impatiently. And within a mere 48 seconds he devours it entirely.

(Boy is he going to be in big trouble.)

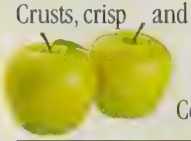
Yet another pie crime provoked by yet another Comstock Pie filling.

HOMEMADE DOESN'T ALWAYS MEAN MADE AT HOME.

Something about the aroma of an apple pie makes you feel nostalgic. You can remember pies cooling in cozy kitchens. (Maybe you even stole one.)



Fillings made only from scratch. Apples, tart and juicy. Crusts, crisp and golden. These are the kinds of homemade pies people baked and are baking still, with our Comstock Pie Filling.



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FOR DESSERTS THAT TASTE JUST LIKE HOMEMA

continued

Can they drop your policy?

Companies aren't eager to cancel insurance policies, as long as you can pay ever-higher premiums. Even if you are among the few who are cut, the general rule is that *someone* will insure you, presuming you have a driver's license.

The hitch: Your claim record could get you turned down at a new company, or at least cost higher rates. Ultimately, you may have to go to the "assigned risk" pool or a similar plan, often at double the regular cost.

Your agent is key

Get her or him to explain how your present insurer defines chargeable accidents and how much rates will rise under what circumstances. How long do rate hikes stay in force? What happens if the company finds you have avoided making claims? (Some insurers will cancel.)

If you don't like your insurer's rules, shop around with the same questions in hand. You may find a better deal. Also find out whether your agent is willing after an accident to help you figure whether filing a claim or paying the bill yourself will cost less.

If you're tempted to settle on your own, whatever your reason, follow the precautions in the box below.

—By Margaret Daly

WHAT IF YOU DON'T FILE?

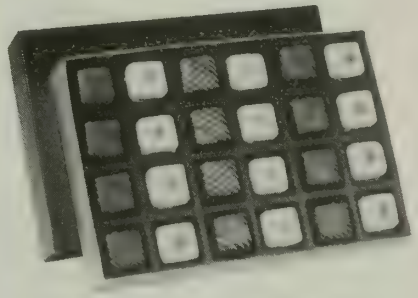
Insurers stress that today's minor accident may turn into next year's personal injury lawsuit. If you don't file a timely claim, they say, you may jeopardize your coverage.

Still, it can be tempting not to file under certain circumstances. If so:

- *Always* report to your agent any accident involving another person or someone else's property. Hopefully, the agent will help you decide the smart course to take (see above).
- Try to get a formal release (drawn up by an attorney and witnessed) from the other party, if any, indicating that he or she will not sue. If you pay anything, be sure to get a release saying "paid in full." This isn't guaranteed protection, but it may help.
- If you don't intend to make small claims, take a large deductible on your policy. You'll save money.



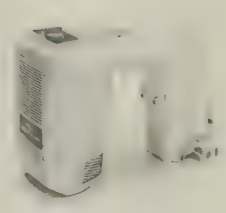
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VICTORIAN ROMANCE

FRESHENING UP VINTAGE STYLE

By Sandra S. Soria



PHOTOGRAPHS: JESSIE WALKER. DESIGN: COLLEEN STRENING AND BARBARA METZLER

VICTORIANA looks years younger when given an '80s facelift of soft colors and spare accents.

ONCE UPON A TIME, VICTORIAN DECORATING MEANT ORNATE FURNISHINGS, DUSKY COLORS, AND CROWDED ROOMS. TODAY, YOU CAN LIGHTEN AND BRIGHTEN THIS ROMANTIC LOOK BY FOLLOWING THIS FOUR-STEP RECIPE.

1. BEGIN WITH BRIGHTER BACKGROUNDS

A garden variety of flower motifs infuses this guest room with all the romance of the Victorian age—and none of the murky backgrounds. These petals bloom with freshness against shades of white and light blue on the matching wallpaper and fabric, cream and gray on the needlepoint rugs.

2. MIX IN LIGHTLY SCALED FURNITURE

A metal daybed and desk chair recall the elaborate swirling shapes of turn-of-the-century furniture—without the bulk of carved wood. Beside the daybed, a simple butler's tray serves with an equally light touch.



REPLACING formal mahogany and walnut, oak and pine blend with this room's relaxed character.

3. ADD WOODS WITH A GOLDEN GLOW

In days gone by, this pine secretary would have been more at home in a country cottage than a Victorian mansion, where formal, dark woods were standard fare. Here, the light wood adds to the room's fresh appeal. The oak floor's amber waves of grain underscore the space's sprightly attitude.

4. SPRINKLE WITH MINIMAL ACCESSORIES

Surfaces lined with knick-knacks were a hallmark of Victorian interiors. For an updated look, woven baskets, greenery, and a little lace lend the coziness of collectibles minus the clutter.



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Yellow's infectious warmth brightens any room.

YELLOW CAN MAKE ANY AREA SEEM WARMER and more welcoming. With a few yellow strokes, you can transform a dull or dated room into a fresh and stylish one.

Take a look at this sitting area; the furnishings are pretty, but it's the pow of the lemon-color walls and canary-hue furniture that gives the space its pizzazz.

The powerful color acts as the room's focal point. Without pattern to distract the eye, the radiant yellow becomes *the* prime decorative element.

However, with color this strong, you do need balancing elements. Here, white is used to cool down and counterbalance the golden shade. A cream hue "raises" the ceiling and counteracts the advancing effect of the yellow walls. White molding and trim on the French doors also give the eye a breather as does the white rug.

Small touches provide a respite, too. Notice how the peachy accent pillows, a few hints of cool blue and blue-green, the plants, and well-chosen woods add richness to the potentially kiddish yellow-and-white scheme.

DECORATING WITH YELLOW

Yellow's warmth lets you perform lots of decorating tricks. Here are a few:

- **Cozy up an oversize space** by painting it yellow. Because the color advances, the space will look smaller.
- **Warm a sunless room** with an all-over golden hue on the walls and even the ceiling.
- **Splash yellow accents around** to enliven a room. Even a bouquet of daffodils can brighten a space.

Design: Sandra Banks. Field editor: Helen Heitkamp



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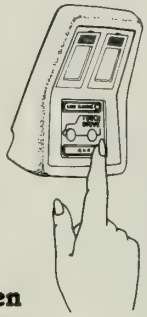
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Eddie Bauer Bronco II features unique two-tone paint and special trim, high-style interior with dual Captain's Chairs for extra comfort. And it comes with "Ford Care" extended service plan** protection too—24 months or 24,000 miles, whichever comes first. Plus an Eddie Bauer garment bag and 6-pocket gear bag.

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New Ford limited warranty covers powertrain for 6 years/60,000 miles and provides protection against body panel rust-through for 6 years/100,000 miles, whichever comes first. Restrictions and deductible apply. Ask to see a copy of this limited warranty when you visit your Ford Dealer.

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Bronco II two-wheel drive

CHOOSING A CONTRACTOR

WHERE TO CALL TO CHECK A CONTRACTOR'S REPUTATION

Trade associations and consumer agencies can help you find trustworthy remodeling professionals in your community. All you need is a telephone.

Do Your Homework

A majority of professional remodelers are honest, skillful, and dependable, and hiring them to do a project can be a pleasure. Several weeks of noise, inconvenience, and sawdust is much more tolerable when you are confident that your contractor will complete the job on time and to your satisfaction.

If you're unfamiliar with contractors in your area, ask friends, neighbors, or an architect to recommend a professional who has completed remodeling projects similar to the one you're planning. Then take time to weed out those contractors whose integrity is called into question.

Call Trade Associations

Ask your local home builders or remodelers association whether the contractor is a member. If so, the group can probably let you know of any complaints about the contractor from dissatisfied customers, and whether those complaints have resulted in arbitration or an amicable resolution. Most associations admit only new members that are reputable and have satisfactorily completed a number of remodeling projects in the community.

Ask the Bureau

Your local Better Business Bureau (BBB) can tell you if any of the contractors you ask about is the subject of unresolved complaints. But the BBB usually won't disclose the nature of the complaints or how many have been resolved in the past.

Contact the Law

Your state attorney general's office or consumer protection agency can tell you whether it has taken any legal action against a particular contractor. Officials in some states can tell you whether they've received any complaints against a contractor or started to investigate him or her. But many states can't release that information until after they've completed the investigation and taken the case to court.

Even if those organizations report nothing negative about the contractor you're considering, you should still ask the candidate for names of satisfied customers and then check those references.

For More Information

If you have trouble contacting your local builders or remodelers association, call or write either of the national organizations below and ask for the phone number of your local affiliate:

- National Association of Home Builders, 15th & M Sts., NW, Washington, DC 20005. 202/822-0200.
- National Association of the Remodeling Industry, 1901 North Moore St., Suite 808, Arlington, VA 22209. 703/276-7600.

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SCOTT LITTLE

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WHERE TO FIND SQUAB

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GOLDEN GLAZED BRANDIED SQUABS

- ⅔ cup snipped dried apricots
- ½ cup papaya *or* peach nectar
- ¼ cup brandy *or* Calvados
- 2¼ cups raisin bread cubes (about 4 slices bread)
- ⅓ cup chopped pecans
- ¼ teaspoon ground cardamom
- 2 tablespoons butter *or* margarine, melted
- 4 12- to 14-ounce boned squabs
- ⅓ cup currant, quince, *or* apple jelly

In a small saucepan combine apricots, papaya or peach nectar, and *3 tablespoons* of the brandy or Calvados. Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Remove from heat. Let stand for 10 minutes. Drain, reserving liquid.

Meanwhile, place bread cubes in a large shallow baking pan. Toast in a 375° oven for 10 to 15 minutes or till dried, stirring twice. In a large mixing bowl combine bread cubes, pecans, and cardamom. Drizzle with reserved nectar mixture and butter. Toss lightly till well mixed. Stir in apricots.

Rinse squabs; pat dry with paper towels. Season cavities with salt. Spoon *one-fourth* of the stuffing into the cavity of *each* bird. Tie legs together with string. Fold neck skin under to back. Twist wing tips under. Place squabs, breast side up, on a rack in a shallow roasting pan. Cover loosely with foil. Roast in a 375° oven for 30 minutes.

In a small saucepan heat and stir the remaining brandy and jelly till jelly melts. Uncover squabs; brush with jelly mixture. Roast, uncovered, for 20 to 30 minutes more or till squabs are tender, brushing occasionally with jelly mixture. Garnish with lemon leaves and curled dried apricot halves. Serves 4.

Nutrition information per serving: 623 cal., 36 g pro., 51 g carbo., 27 g fat, 186 mg chol., 255 mg sodium. U.S. RDA: 40% vit. A, 27% vit. C, 44% thiamine, 38% riboflavin, 72% niacin, 61% iron, 66% phosphorus. BH&G



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AUSTRALIA

ENDLESS BEACHES, THE AWESOME OUTBACK, AND FRIENDLY PEOPLE WHEREVER YOU GO

By Mark Ingebretsen with photographs by David Jordan



PHOTOGRAPHS: DAVID JORDAN

When your jet flies over Sydney's harbor, you'll recognize the sights: skyscrapers clustered near the famous Sydney Opera House, curving bay cliffs topped by luxurious homes. The city is among the world's most beautiful, and it's a fitting introduction to a country that has captured the hearts of American visitors. Don't be surprised when the Aussies you meet smile, say "G'day," and treat you like a visiting relative.

continued

THE SYDNEY OPERA HOUSE (ABOVE): designed to resemble a sailboat.

A REGATTA (BELOW): The Aussies hope to win back the America's Cup.

THE OUTBACK (RIGHT): Most Australians live near the coast. The nation's interior is always "just out back."





There's only one way left to take a bad picture with a Nikon One-Touch.



With the Nikon One-Touch®, it's tough to take a picture that's not in focus. That's because it has a 16-step, fine-tuned autofocus system that gives it an amazing degree of accuracy, at a distance and as close up as 17 inches.



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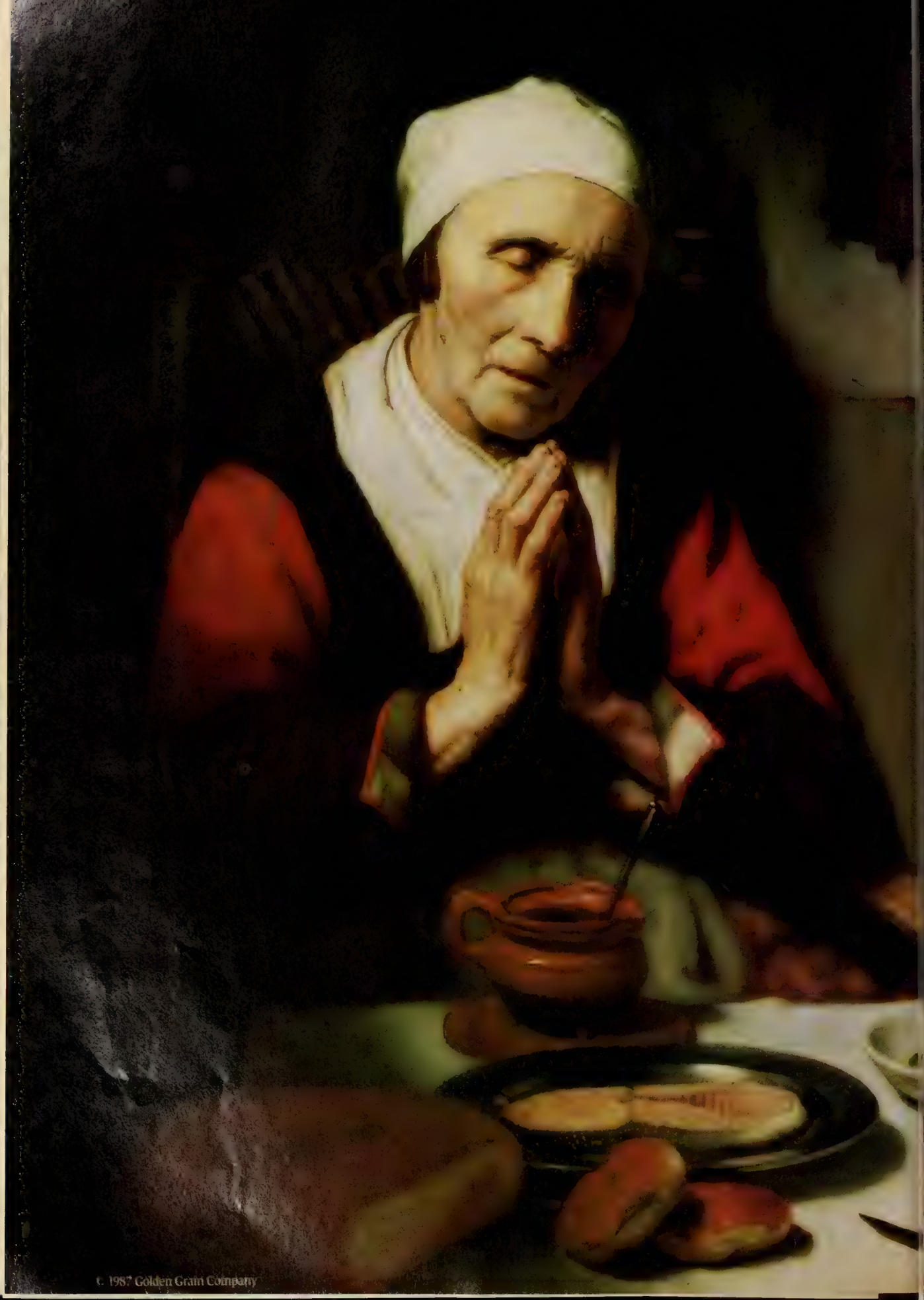
In fact, you can't go wrong loading, advancing, rewinding or setting the film speed. Because this camera automatically does it all for you.

So you see, as the photograph clearly demonstrates, with the Nikon One-Touch, you can do virtually no wrong. Because the One-Touch does everything but hold your hand when you're taking the picture.

Which is something we're still working on.

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We take the world's greatest pictures.®

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Nicolaes Maes
Old Woman Saying Grace
1655

Before Savory Classics, a delicious side dish in 10 minutes took a miracle.

It's hard enough to make a side dish that's really special.

But to make one in 10 minutes, you need help.

Like new Rice-A-Roni® Savory Classics™ rice dishes. Our Chicken Florentine is a delightful mix of garden spinach, long grain rice and vermicelli, all blended together in a delicately seasoned chicken broth.

Savory Classics also helps you make wonderful Broccoli au Gratin, Garden Pilaf and Zesty Cheddar rice dishes.

Offer one up tonight. Your family will think it's divine.



Tarkett Announces The Lifetime 12′ Seamless Floor.

INLAID FLOORING™

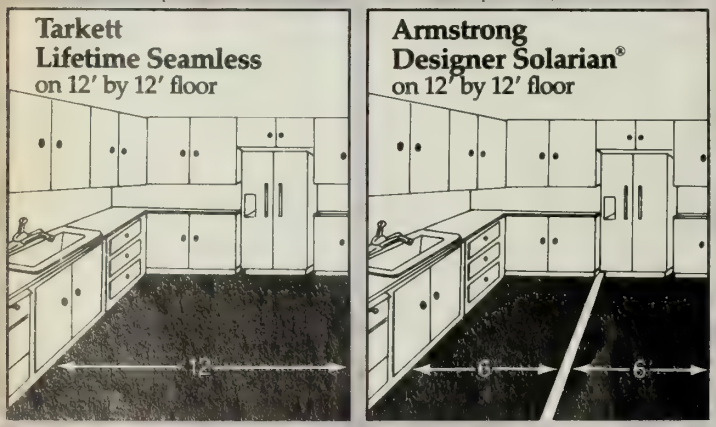


Picture your kitchen with this Tarkett Lifetime 12′ Seamless Floor. Buy now and get a Kodak VR35 Camera FREE!

FREE! Kodak's new K-400 35MM automatic camera, built-in flash and carrying strap. Just point and shoot for great pictures. Yours free with each purchase of 15 or more yards of Lifetime Inlaid Flooring.™ And enter the *Tarkett Vacation Sweepstakes*. Win 8 days/7 nights in Hawaii for 4. Plus $1,000 spending money. Over 20 great vacation prizes. Entries and details at participating Tarkett dealers.



Camera Offer and Sweepstakes effective 8/31/87 thru 10/3/87. Air travel provided by American Airlines.



Tarkett has created Lifetime Inlaid Flooring™ in 12′ widths for seamless installations in rooms with any overall dimension less than 12′.

No seams to spoil your floor's beauty. No seams that could open up to trap dirt and moisture. And 12′ Lifetime Inlaid Flooring™ is not only twice as wide as Armstrong Designer Solarian,® it outwears Designer Solarian® 2:1 in Taber Abraser Wear Tests. Independent tests confirm it!

Lifetime Inlaid Flooring™ is the only inlaid vinyl floor with a limited life time warranty—compare this to Designer Solarian® which is only warranted for 5 years against manufacturing defects.

Discover the beauty of 12′ Lifetime Inlaid Flooring.™ From now on floors will never seem the same.

For the Tarkett dealer nearest you, call Toll-Free 1-800-FOR-TARKETT. Or see the Yellow Pages under "Flooring."

Tarkett®
The World's Most Experienced Flooring Company

Warranty limited to original purchaser continuously occupying the home. See Tarkett's Consumer Protection Plan for details.
Pattern shown: Lifetime Sherman Park No. 61054.

AUSTRALIA

continued



CARSON ODE

WHAT TO SEE AND DO

A quick guide to Australia



SHEARING TIME: Sheep outnumber people in some spots.



LIFEGUARDS: trained hard for Australia's rough seas.



WARM SMILES: Australians enjoy an American accent.

SYDNEY

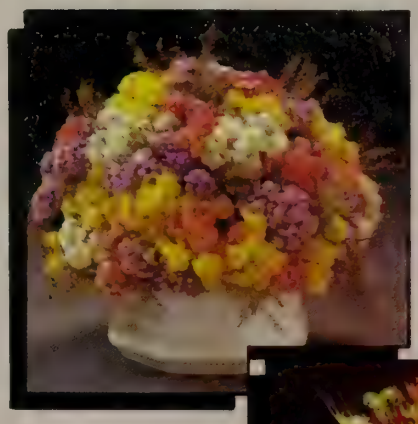
With its neighborhoods and business districts built on hills overlooking a spectacular bay, some folks compare Sydney to our own San Francisco. Spend three days here to really see the sights. *Must-see attractions:* Harbor cruise boats leave from the docks near the Opera House. Visit the Sydney Zoo, where kangaroos, koalas, Tasmanian devils, and other unique Australian species await. Manly and Bondi are among Sydney's best beaches. *Outside Sydney:* Take a two-hour train ride to Katoomba, in the Blue Mountains west of the city, for a taste of the Outback.

MELBOURNE

A 1½-hour flight west of Sydney, Australia's second largest city offers British-flavored charm. You'll find beautiful parks and quiet streets. *Must-see attractions:* Get an overview by riding the city's quaint trolley cars. Captain Cook's Cottage, preserved to honor the discoverer of eastern Australia, sits amid a flowering semitropical garden. *Outside Melbourne:* At Phillip Island, a nature preserve, you'll see koalas, seals, and a nightly parade of penguins.

continued

Now, beautify with flowers from Europe!



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REMBRANDT BOUQUET

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Each unique Dutch bouquet comes in its own han painted oriental vase. *No two artistic arrangements a exactly alike!* Order *today* for your personal bouque

Send to:
Van Eÿden bv Holland
3 Riverway, 5th floor, Houston, TX 77056

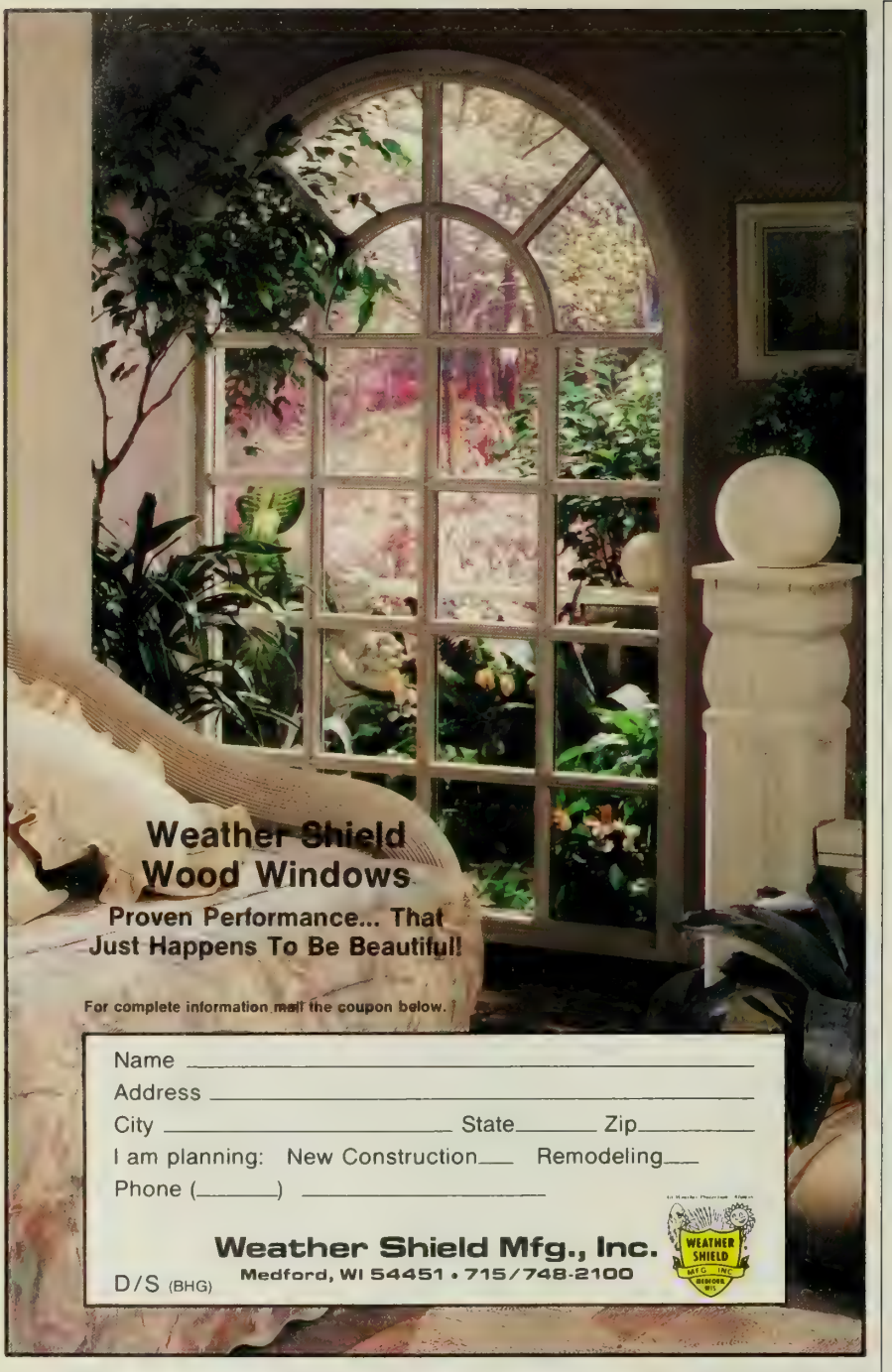
or call:
1-(800)-223-4

I have selected the following bouquets:

_____ of Vermeer (4" dia. vase) at $49.95 each/ _____ of Vermeer (6" dia. vase) at $79.
_____ of Van Gogh (4" dia. vase) at $69.95 each/ _____ of Van Gogh (6" dia. vase) at $99.
_____ of Rembrandt (4" dia. vase) at $89.95 each/ _____ of Rembrandt (6" dia. vase) at $129.

☐ I have enclosed a ☐ check ☐ money order in the amount of $ _____
☐ Please charge $ _____ to my VISA ☐ MasterCa
CARD NUMBER _____
Name (Please Print) _____
Address _____
City _____ State _____ Zip _____
_____ SIGNATURE

Allow 6-8 weeks for delivery. (residents add 7¼% sales tax.) Shi



AUSTRALIA *continued*

The Outback ranks among the largest undeveloped areas in the world. Hot, dry, and dusty, the interior is inhabited by hardy aborigines whose elaborate religion compensates for a bleak environment.



QUEENSLAND

The northernmost Australian state is larger than Texas, and its lush coastline resembles Hawaii. The gateway city to this tropical realm is Cairns. *Must-see attractions:* Fast-moving catamarans leave Cairns for daylong tours of the Great Barrier Reef, the world's best snorkeling spot. *Outside Cairns:* Find your bit of paradise in a low-cost campground or motel set on an uncrowded, palm-lined beach. Drive along jungle roads that wind around mountains and past banana plantations. Visit the Whitsunday Islands. Resembling spots in the Caribbean, the Whitsundays are reachable by ferry from major Queensland cities. Some islands contain resorts, others are national parks.

TASMANIA

The island state, south of Melbourne, has a rocky coastline, snowcapped mountains, and placid rolling farm country. Fly here from Australia's major cities or take the overnight ferry from Melbourne. Then, base yourself in the hilly seaside town of Hobart, and explore this island by bus or car. *Must-see attractions:* The shops in Hobart's Salamanca Place re-create the city's whaling days. The Wrest Point Casino attracts late-night revelers. *Outside Hobart:* Drive the scenic coastal highway from Hobart to Port Arthur, a former convict settlement.

THE OUTBACK

Australia's desert interior is dotted by mines, tiny towns, and ranches larger than some American states. Start your trip in Alice Springs, reachable by air or by train. *Must-see attractions (outside Alice Springs):* Ayers Rock, a ghostly mountain-size meteor, delights climbers and photographers. Nearby, Simpson's Gap National Park is for hardy folks who wish to explore the rugged Outback on foot.

PERTH

The world got a close-up view of this sun-baked Western Australian city during the America's Cup sailing races held here last January. Modern buildings surrounding a park-lined bay will make you envious of local residents. *Must-see attractions:* Perth's beaches are among the best in the nation. *Outside Perth:* The city is a starting point for tours into remote Western Australian aboriginal settlements.



HERE'S HOW TO MAKE YOUR AUSTRALIAN VISIT AFFORDABLE

Overcoming the distance barrier

The most expensive part of your Australian vacation will be (1) getting there, and (2) traveling to sights within the country. Ask a travel agent about these money-saving ideas.

- **By plane:** Qantas, Australia's flagship airline, flies from Los Angeles and San Francisco (special fares with Northwest Airlines let you reach these West Coast cities for $200). Buy a round-trip ticket on Qantas for $1,096, and you can also fly to four cities within Australia and the South Pacific. Each $1,096 Qantas ticket you purchase allows you to buy one children's ticket at a 50 percent discount. *An alternative:* Buy an $896 round-trip ticket on Qantas (good only for travel to and from Australia, with no additional stop-offs). Then, tour down under by air-conditioned train, bus, or car.
- **By train:** Ride the rails for a true sense of Australia's vastness. An Austrailpass, priced from $200 (prices may vary with exchange rates) allows two weeks of unlimited train travel.
- **By bus:** Comfortable clean coaches visit areas the railroads bypass. Prices for a 15-day bus pass start at $182.
- **By rental car or camper van:** You'll feel at home cruising Australia's scenic highways. Budget Rent-a-Car rents autos and campers starting at $175 per week. ***Call 800/527-0700.*** Clean, safe campgrounds with coin laundries and showers are on all major roads—no reservations needed. Prices start at $5 per night.
- **Staying over:** Best Western Homestead Inns (affiliated with the U.S. Best Western motel chain) are located in most Australian cities. Cost: about $25 per night, double. ***Call 800/528-1234.***

FOR MORE INFORMATION

Call for the 120-page free travel guide, **Destination Australia,** ***at 800/445-3000. Ask for Dept. ASO4.***



Imagine what the world's most technologically advanced wood stove would look like.

The Defiant Encore. Quite simply, the finest, most efficient stove money can buy.* Which means less maintenance, greater safety and virtually smokeless output.

For your viewing pleasure, it not only has two large glass doors but also a distinctive cast iron design. And it's available in either classic black or a porcelain enamel finish in a variety of colors.

The Defiant Encore is also one of the easiest stoves you'll ever use. With features like thermostatic air control, front and top loading, and our easy ash removal system, you'll spend your time enjoying our stove, not tending it.

Call us at 1-800-22-STOVE for more information and dealer locations.** We'll give you as many good excuses as you need to enjoy any of our fine Vermont Castings products this winter.

Surprise.



The FirePlaces™ by Vermont Castings.

*81% efficiency rating is based upon testing performed by the Oregon Department of Environmental Quality—known as a leading wood stove emissions authority. **Residents of Vermont and Canada call 1-802-728-3181. Or write us at 4416 Prince St., Randolph, VT 05060.



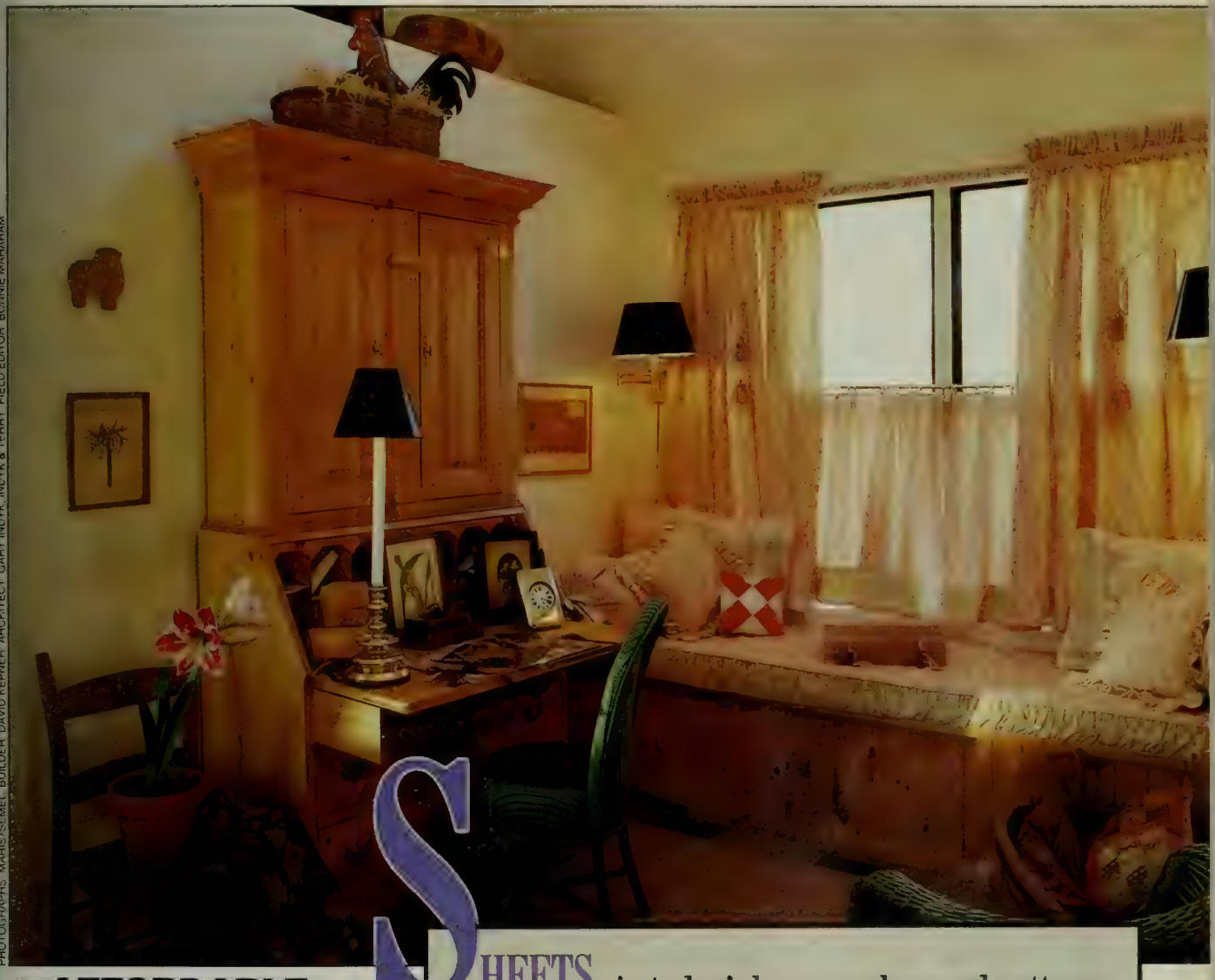
THE BAILEYS FIZZ. BAILEYS AND CLUB SODA

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Baileys Original Irish Cream Liqueur® Imported by The Paddington Corp., Fort Lee, N.J. 17% alc. by vol. ©1987

EASY ELEGANCE

By Denise L. Caringer and Robert E. Dittmer



PHOTOGRAPHS: MARIS/SEMEL. BUILDER: DAVID KEPNER. ARCHITECT: GARY INDYK. INDYK & TERRY. FIELD EDITOR: BONNIE MAHARAM.

- **AFFORDABLE AND UP-TO-DATE**
- **STYLISH AND EASY**
- **ROMANTIC AND FUN**

SHEETS, in today's breezy colors and patterns, make decorating a snap! Mixing oh-so-affordable sheet fabrics for curtains, cushions—and even slipcovers—with dashes of rustic Americana for warmth, we transformed this new home. The sitting spot (*above*) sums up the welcoming look. Come on in!

ALL SHEETS COURTESY OF LADY PEPPERELL.



AFFORDABLE AND UP-TO-DATE

SLIPCOVERS sewn from stylish herringbone sheets update some basic modular seating pieces. Rustic woods and tan walls lend warmth; peppery black adds the essential contrast.



Wrap and pin the base, then sew the cushion covers.

SLIPCOVER

Yes, you *can* make your own slipcovers using *Butterick Pattern 3093.*

BUDGET TRADE-OFFS

Renew older seating pieces with low-cost slipcovers, then splurge on one room-making purchase, like this pine armoire.



Tie on a cover! The knot becomes a decorative element.

WRAP IT UP

Gathers and knotted centers give tie-on pillow covers their style. *How-to, page 158.*

EASY ACCENTS

Relax with natural touches like a friendly old bench and a branch-filled crock to warm a lonely corner.

Buying information, page 159.

STYLISH AND EASY



Unusual place mats made from sheets use round-table space stylishly. A related sheet fabric wraps the chair cushions.

NO-SEW CHAIR PADS

Do your own in minutes—without sewing! Remove the chair seats and wrap them tightly with squares cut from sheets; staple on the back side. "Hospital corners" give a smooth, professional look. If you have leftover fabric, cut and hem some squares for matching napkins or place mats.

UNIQUE PLACE MATS

Soft triangles add extra knife-and-fork space and also outline a starlike pattern on the table. *How-to, page 158.*

PINE WALLS

"Age" a new house with whitewashed pine paneling.

LOW-COST SCREEN

Bridging two windows, the screen produces one dramatic unit—a style-maker for any house. *How-to, page 158.*



Fabricate a screen. Cover wood frames with fabric and hinge them together.

Buying Information, page 159.



FABRICS—and furniture—nee not always match. This subt blend of sheet patterns and u matched woods creates today layered, "evolved" look, givin this new house a lived-in feelin





COLORS as soft and subtle as these create a soothing retreat. Plop down in an irresistible chair and ottoman (covered with sheets), and bask in the glow from peach walls. Ahhh. . . .

ROMANTIC AND FUN



Window treatments can eat up decorating dollars—but not here. Gathered sheets frame woody matchstick blinds.

ROMANTIC CURTAINS

Soften blinds with sheets. The ruffly header and covered pole are musts! *Vogue Pattern 1422.*

DRESSING TABLE

A fitted cover turns an old table into a welcome make-up spot. *How-to, page 158.*

LAYERED BEDDING

Use ready-made sheet coordinates for starters, then add extra pillows (*Butterick Pattern 4372* and *Vogue Pattern 1422*).

FRILLY SLIPCOVER

Wrap, tuck, and pin the base covers, then sew frilly gathered skirts and just slip them on. *Butterick Pattern 3093* tells you how. (Don't own an old chair and ottoman? Scout around for mismatched secondhand pieces. Who'll know the difference?) *How-to, page 158.*



Tuck and pin the base; slip on the easy-sew skirt.

CO-SPONSORS

Lady Pepperell, Vogue/Butterick, Thomasville Furniture Industries, Celanese Fortrel™, C&A Wallcoverings, Inc., Cabin Crafts, Levolor Lorentzen, Paint and Coatings Council.

Buying Information, page 159.

LANDSCAPING IN THREE AFFORDABLE PHASES

By Jane Austin McKeon

Landscaping is affordable when you tackle one area at a time. To prove that claim, I collaborated with a landscaper to rejuvenate my front yard in Des Moines. Our three-phase plan spreads out the costs and the work.



HOPKINS ASSOCIATES

PHASE 1

● *Side-yard steps invite backyard visits.*



$645

PHASE 2

● *A redesigned front entry conveys hospitality.*



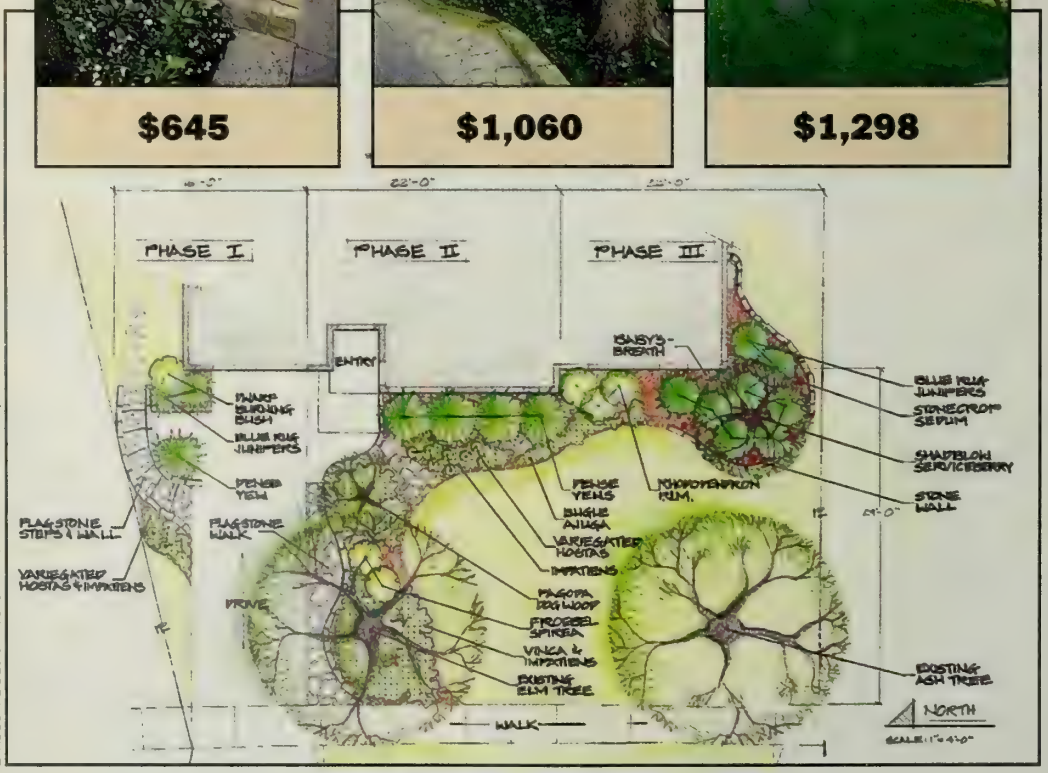
$1,060

PHASE 3

● *A side-yard retaining wall tames a slope.*



$1,298



LANDSCAPE DESIGN/ILLUSTRATION: TIMOTHY A. CLARK, HERNDON'S DES MOINES SEED AND NURSERY CO.

◀ DESIGNING A LANDSCAPE PLAN

This landscape plan is tailor made for my midwestern yard. Plantings fill four criteria: ease of care, seasonal color, winter hardiness, and shade tolerance.

▲ Rescaled plantings and stonework enhance the home's cottage charm.



BEFORE An outdated, lackluster front-yard landscape.

AFTER: Fresh landscaping breathes new life into my front yard. Too scraggly to be salvaged, the old lawn and shrubs were scrapped. Only the elm and ash trees remain from the original landscape. For an established look right away, we selected mature plants and hired a crew to do the labor. To minimize costs, you can buy younger plants and do the work yourself. Total cost (labor excluded) was about $3,000.



PROBLEM: Overgrown shrub hindered walking.

PHASE 1: SIDE-YARD STEPS

SOLUTION: Flagstone steps and a flared border filled with shade-loving impatiens and hostas create an inviting gateway to the backyard. Blue rug junipers soften the brick wall, and a burning bush offers colorful fall foliage. Garbage cans are hidden behind a dense yew.

WHAT IT COST

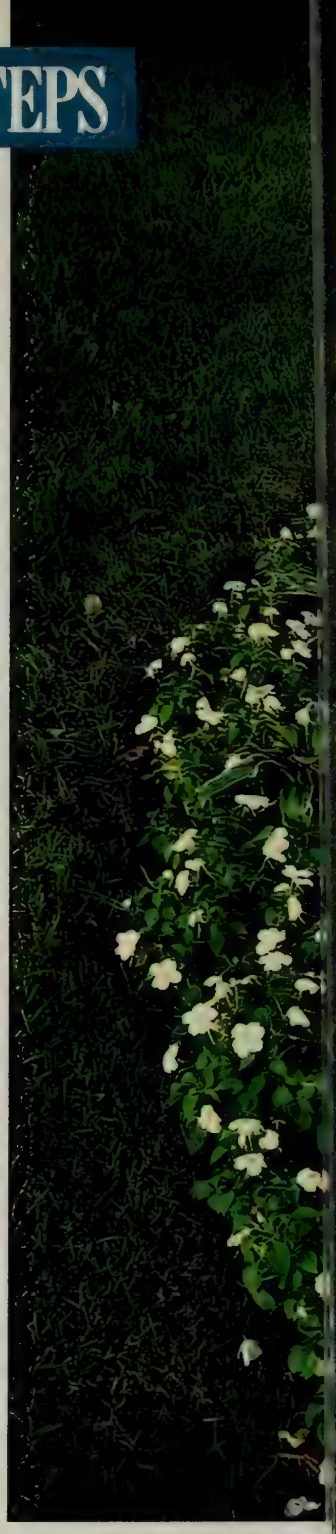
Item	Quantity	Item Cost	Total Cost
Blue rug junipers	2	$ 25.00	$ 50.00
Dwarf burning bush	1	25.00	25.00
Dense yew	1	80.00	80.00
Hostas	7	7.00	49.00
Impatiens	½ flat	10.00	5.00
Wall stone	2 tons	132.00	264.00
Flagstone	1 ton	132.00	132.00
Sand	½ ton	25.00	12.50
Shredded cedar mulch	3 bags	6.00	18.00
Plastic edging	10 ft.	9.50	9.50
		TOTAL	$645.00

WORKING WITH A LANDSCAPE DESIGNER



Designer Tim Clark and I teamed up to create a landscape plan.

To save myself a lot of time and work, I hired designer Tim Clark to make a front-yard plan for me. After a few on-site consultations and preliminary sketches, Tim drew the complete landscape plan to scale (see *page102*) and itemized cost estimates for plants and construction materials. By working together on the project, we came up with a budget-minded design that I'll be happy with for years to come.



HOW TO BUILD STEPS

For visual balance and comfortable climbing, build at least three steps. Size the steps to accommodate an average stride; make risers no more than 7 inches high and treads at least 14 inches deep. For safety's sake, construct all steps the same size.



1. Use a hand level to check that steps angle down slightly for rainwater runoff. Pour sand as a base for flagstones.



2. Measure step width to determine what length to cut the wall stone. Build steps at least 3 feet wide.



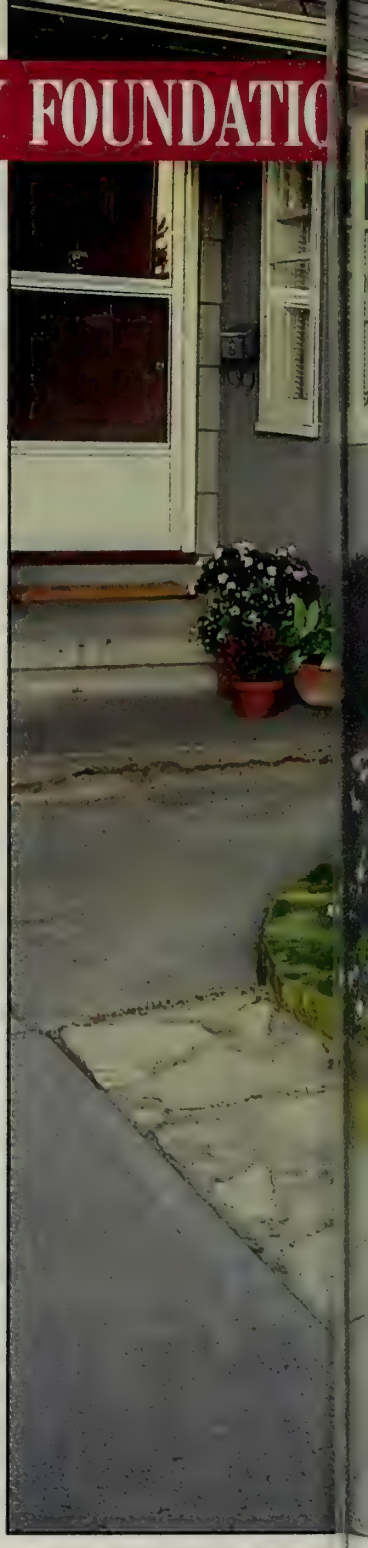
3. Add more sand on top; sweep off excess, then hose down with a gentle spray to settle sand between stones.



PROBLEM: Front entry was sparse and uninviting.

PHASE 2: FRONT-ENTRY FOUNDATIO

SOLUTION: A gently curving wall lures the eye from streetside to front stoop. Vinca and impatiens weave a welcome mat of color under the elm and eliminate the problem of growing grass in shade. Yews, spireas, and a dogwood provide variety in texture and color.



WHAT IT COST

Item	Quantity	Item Cost	Total Cost
Dense yews	4	$ 80.00	$ 320.00
Pagoda dogwood	1	120.00	120.00
Froebel spirea	2	20.00	40.00
Vinca	2 flats	35.00	70.00
Hostas	6	7.00	42.00
Impatiens	4 flats	10.00	40.00
Wall stone	1½ tons	132.00	198.00
Flagstone	1 ton	132.00	132.00
Shredded cedar mulch	10 bags	6.00	60.00
Plastic edging	40 ft.	38.00	38.00
		TOTAL	$1,060.00

PLANTS FOR QUICK COLOR



Fibrous begonias bloom in pots.

These annual flowers and foliage plants instantly brighten dull, shady spots between trees and shrubs.

- **Begonia, fibrous**
- **Begonia, tuberous**
- **Browallia**
- **Caladium**
- **Coleus**
- **Dusty miller**
- **Impatiens**
- **Impatiens, New Guinea**
- **Lobelia**
- **Pansy**
- **Vinca**



New Guinea impatiens glow in dappled light.

HOW TO PLANT A TREE

Dig a hole that is larger than the root ball. The hole should be deep enough so that the top of the root ball sits at ground level.



Check proper hole depth by measuring the root ball with the handle of a spade.



Roll back the burlap, but do not remove it. Burlap will gradually decay.

HOW TO MAKE A BORDER

PHOTOGRAPHS MARIS/SEMEL FIELD EDITOR: BONNIE MAHARAM

Curving borders are more informal and interesting than those with stiff, straight edges. Round edges also are easier to mow around than sharp corners. We used plastic edging because it bends to any shape and gives a crisp, well-defined look.



1. Use a garden hose to outline the border. With a flat-end shovel, slice a thin trench into the ground along the hose.



2. Place plastic edging in the trench. Anchor the edging into the ground by pounding in a stake every 10 feet.



3. Space shrubs to accommodate their mature size. We planted yews 3 feet from the house and from each other.



PROBLEM: Slope was bare from shade, neglect.

PHASE 3: SIDE-YARD SLOPE

SOLUTION: A healthy green turf sets off the landscape. We sodded to get instant results, but you can seed over existing grass to save money. A wall levels the slope for a corner planting of junipers and serviceberry. Sedums and baby's-breath grow in sunny spots.



WHAT IT COST

Item	Quantity	Item Cost	Total Cost
P.J.M. rhododendrons	3	$ 35.00	$ 105.00
Ajuga	1 flat	35.00	35.00
Shadblow serviceberry	1	200.00	200.00
Blue rug junipers	8	25.00	200.00
Stonecrop sedum	6	10.00	60.00
Baby's-breath	6	5.00	30.00
Wall stone	1½ tons	132.00	198.00
Shredded cedar mulch	10 bags	6.00	60.00
Weed mat	2 rolls	16.00	32.00
Sod	12 squares	30.00	360.00
Grass seed	4 lbs.	5.00	20.00
		TOTAL	$1,300.00

PLANTS FOR LASTING COLOR



These flowering perennials, shrubs, and ground covers provide seasonal color year after year.

- **Ajuga**
- **Astilbe**
- **Azalea**
- **Bleeding-heart**
- **Epimedium**
- **Hosta**
- **Lamium**
- **Lily-of-the-valley**
- **Rhododendron**
- **Sedum**
- **Sweet woodruff**
- **Vinca**

Ajuga blooms in spring, but its leaves stay green all season.



Rhododendron blossoms appear in late spring.

PHOTOGRAPHS: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

HOW TO PLANT A LAWN

For healthy turf under trees, we spread a shady grass seed mix over new sod and watered daily until grass was rooted.



Lay strips of sod close together to let the seams knit with each other.



Apply a lawn fertilizer that is high in phosphorus for good root development.

PHOTOGRAPHS: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

HOW TO TAME A SLOPE

Of all the materials available for building walls, we chose white wall stones to lighten up dark areas in my yard. For stability, we overlapped each layer of stones. If your wall will be more than 4 feet high, consult with a professional before you begin.



1. Untangle roots of containerized junipers before planting. Shrubs with loosened roots establish more quickly.



2. Unroll weed mat over the entire bed and cut an X in the fabric for shrubs to grow through. Spread mulch on top.



3. Tuck plants into cracks between stones. Buried tubing lets water drain from the rainspout through a wall opening.

PRIZE TESTED RECIPES®

50 WINNERS FROM 50 YEARS



By Terri Pauser Wolf

Join our celebration! The Prize Tested Recipes contest, a monthly reader recipe exchange devoted to home cooking, turns 50 this month. We chose 50 of the very best winning recipes since 1937 to honor this Better Homes and Gardens® tradition. The recipes are oldies but goodies whether brownies, breads, or pot roast. Enjoy them all!

- Appetizers
- Main Dishes
- Side Dishes
- Desserts
- Breads

APPETIZERS



CLARET PUNCH

November 1975

Mrs. John Langlois, Miami, Fla.

The holiday beverage category showcased this wine-spiked punch 12 years ago. It's equally suitable for a formal cocktail party or a casual picnic in the park.



SPARKLING PEACHES AND CREAM

December 1981

Clara Beth Negoro, Hawthorne, Calif.

Whip up an off-the-shelf milk shake. Canned peach slices provide the flavor and carbonated water adds unexpected effervescence.



ICED ALMONDS

December 1961

Mrs. C. Mason Mize, Lakeland, Fla.

This recipe is so popular that you have to be careful—the sugar-glazed nuts are irresistible. Serve a small bowlful before or after a meal.



ARTICHOKE-CHILI DIP

July 1981

Mary Bergeron, Seattle, Wash.

The call went out for easy snack recipes, and the winning result was a last-minute dip with only four ingredients.



CHEESE AND SPINACH PUFFS

November 1982
Elaine W. Sanders, Blackstone, Va.
Make-ahead appetizers are the ticket to hassle-free hosting. Bake and freeze these one-bite puffs for last-minute oven reheating.



FRENCH MUSTARD SLICES

April 1967
Mrs. Robert R. Harwick, Vienna, Va.
Mustard lovers, here's a recipe for you. Buttery, mustard-covered bread slices are baked till golden brown. What a way to start a meal!

CHICKEN HAM PINWHEELS

December 1969
Lucille Howell, Washington, D.C.
A party planner's favorite—an elaborate appetizer that is sinfully easy to make. And, it has a minimum of ingredients (chicken, ham, and a few seasonings).



YOU CAN BE A WINNER TOO! SEE PAGE 157 FOR DETAILS.
RECIPES BEGIN ON PAGE 122.

BETTER HOMES TEST KITCHEN



MEET A WINNER



WM. HOPKINS

"A neighbor shared this recipe with me 35 years ago, and I've been making it ever since."

MARY MARGARET BARROW

Lanett, Ala.
Bursting with nutrition and taste-appeal, this fruit spread is a good partner with crackers, celery, carrots, or toasted bread. Or, do as Mary does: give it as a holiday gift.

NUT AND RAISIN SPREAD, SEPTEMBER 1984

Buying Information, page 159.

PRIZEWINNING RECIPES

MAIN DISHES

A dozen answers to the "What's for dinner?" question from *BH&G* families just like yours!



CHICKEN À LA MARIA

November 1981

Mrs. John Coder, Timonium, Md.

Praises go to this entrée because it's as elegant as stuffed chicken breasts, but minus the work.



ORANGE 'N' SPICE POT ROAST

October 1979

Mrs. Ghita Carter, Houston, Tex.

Sunday afternoons and pot roast—for years, they've gone hand in hand. A main dish from '79, it perks up a plain roast with a delicious citrus sauce.



LASAGNA IN A BUN

September 1983

Agnes B. Kleinhenz, Willoughby Hills, Ohio

Americans' love affair with Italian food is as strong as ever. This meal in a bun captures the flavors of one favorite food—no wonder it came out on top!



TURKEY WITH CURRY SAUCE, NOVEMBER 1983

MEET A WINNER



WM. HOPKINS

"The BH&G recipe contest gives me the inspiration to enter contests and create new recipes."

ROXANNE E. CHAN

Albany, Calif.

An avid gardener and cook, Roxanne enjoys devising quick recipes with an ethnic twist. A surplus of leftover turkey spurred her to invent this extraordinary entrée.



ORIENTAL-STYLE PORK STEAKS

January 1981
Mary E. Druce, Lubbock, Tex.
In 45 minutes or less you can turn pork, vegetables, and pineapple into a colorful skillet supper.


RECIPES BEGIN ON PAGE 1

PEPPER STEAK SALAD

July 1976
Mickey Strang, China Lake, Calif.
Health-conscious diners in the 1950s turned to salads for a main meal. Exciting recipes like this tangy whole-meal salad have been coming to our office ever since!



RED SNAPPER VERACRUZ

January 1976
Jan Toole, Vail, Colo.
As more and more readers add microwave ovens to their homes, we publish more microwave recipes for you to try. This one is ideal for today's busy family; it cooks in 12 minutes.



LEMON SHRIMP ORIENTAL

May 1975
Helen M. McPhail, Lake Oswego, Oreg.
A presidential trip to China in the early '70s popularized oriental cooking, especially stir-frying, in the States.



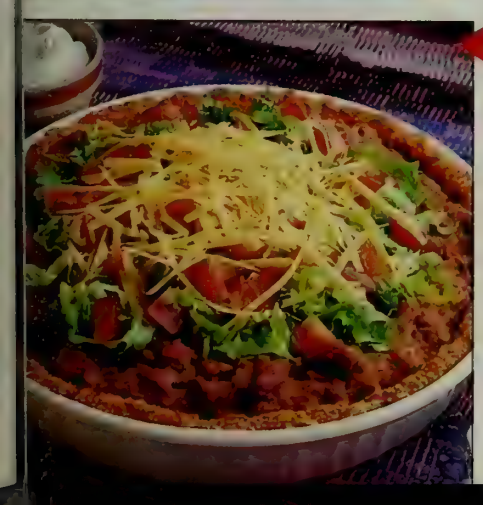
BARBECUED PORK RIBS

July 1942
Mrs. T. R. Harrington, Des Moines, Iowa
Outdoor cooking in the early '40s kindled the grilling craze of the '80s. Fire up the coals and try these saucy ribs.



CAMEMBERT SOUFFLÉ

August 1979
Marlene McCall, Overland Park, Kans.
Here's a champion that continues to receive kudos. A tower of fresh eggs and creamy camembert cheese, the soufflé literally melts in your mouth.



POTATO-SHELL TACO PIE

July 1977
Betty S. Judy, Rockville, Md.
This kid-pleasing pie couldn't be easier. The crust features instant potatoes; the filling is refried beans and ground beef spiced up with seasonings.



SAVORY SAUSAGE STEW

November 1967
Mrs. Bruce Prevatt, Saint Simons Island, Ga.
Combine this hearty one-dish meal with crisp crackers or warm bread for a festive fall meal.

PRIZEWINNING RECIPES

SIDE DISHES

From casseroles to soups to salads, side dishes always add a special touch to any meal, any time of the day.



HONEY SAUTERNE JELLY

August 1974
Mrs. Allen C. Davis, Sr., Smyrna, Ga.
Our editors rated this jelly superb and noted that it would make a great gift.

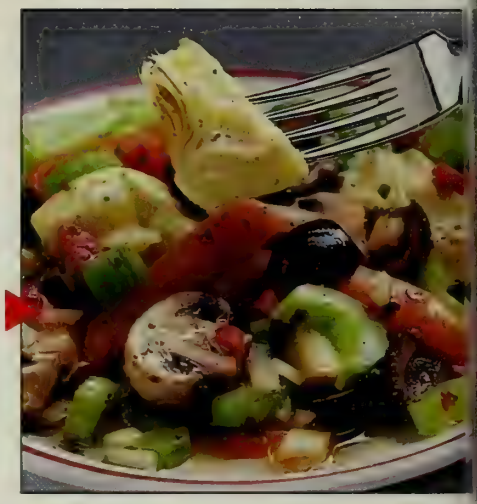


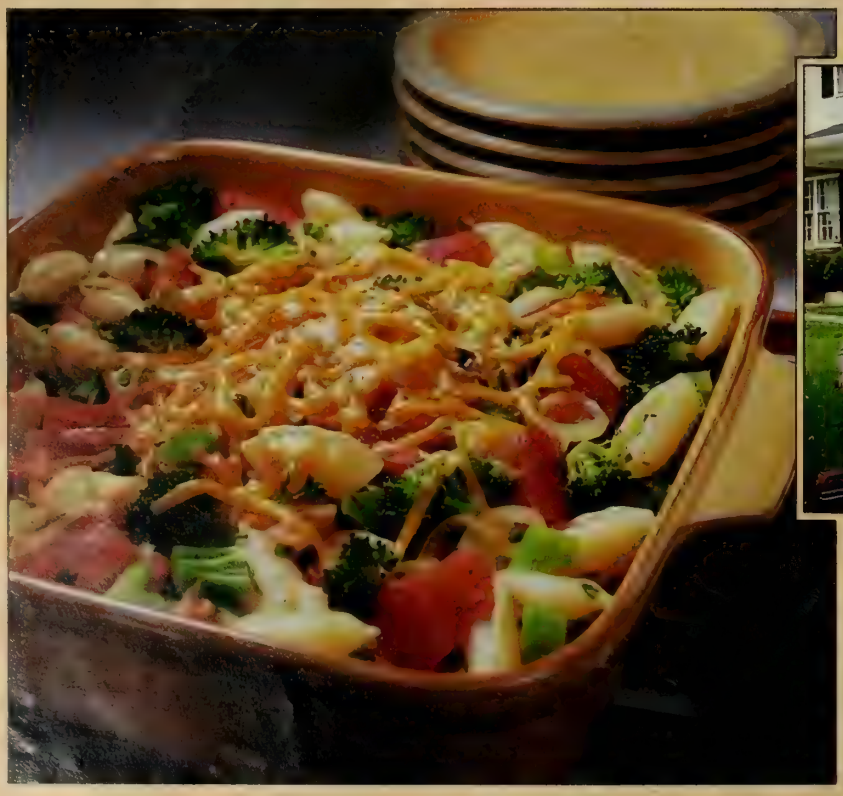
FIVE-FRUIT SALAD WITH PEANUT BUTTER DRESSING

April 1981
Jolie Steckart, De Pere, Wis.
"Eat your fruits and vegetables." It's not a hard rule to live by when you can add a favorite, peanut butter, to the dressing and serve it over a fruit salad.

MARINATED MUSHROOMS AND VEGETABLES

June 1981
Mrs. Doris Knoke, Chester, Ill.
Zesty marinated salads fill the deli case, but here's one that you can toss together at home.





TOMATO AND BROCCOLI BAKE, JULY 1984

MEET A WINNER



WM. HOPKINS

"A winning recipe in our house is one that is easy to prepare, versatile, and liked by the entire family."

TERRY MITCHUM

Overland Park, Kans.
For this dish, Terry changed an existing recipe by adding ingredients and seasonings her family likes. She serves this vegetable casserole with baked chicken, a salad, and Italian bread.



SARAH'S SALAD

July 1962
Mrs. David Thompson, La Crosse, Wis.
This novel layered salad was a winner 25 years ago, but its popularity continues today.



CREAMY CELERY-ZUCCHINI SOUP

August 1978
Floy Schrage, Webster Groves, Mo.
In 1973 the food processor revolutionized food preparation. By using the handy appliance, you can have a garden-fresh soup in 30 minutes.



BAKED POTATOES WITH CHEF'S CHEESE SAUCE

November 1961
Mrs. T. A. Milner, Hopkins, Minn.
In our Test Kitchen, this cheese-capped spud received the distinction of being rated outstanding—the best in its class. It's so delectable you'll want to make it ahead so it's always on hand.



SPAGHETTI RING FLORENTINE

September 1974
Lynn Steuer, Hawley, Pa.
Imaginative recipes win at *BH&G.* Lynn turned the ingredients from a common recipe for spaghetti into something spectacular.



CURRY SLICES

August 1965
Mrs. Frank Wilkuski, East Tawas, Mich.
In 1965, few of us had the chance to sample Indian food, but in 1987 it's a stylish cuisine. Using curry as a seasoning in the '60s put this zesty pickle ahead of its time.



BROCCOLI AND WILD RICE BAKE

July 1975
Mrs. Glenn Hunter, St. Louis, Mo.
Today's cooks will applaud this recipe for its convenience. Rice mix, soup mix, and sour cream mix give it an off-the-shelf head start.



MARSHMALLOW-PECAN SQUASH

January 1979
Mrs. F. Luana Rockwell, Seattle, Wash.
Even kids will eat squash when the nutty filling is crowned with tiny marshmallows.



COLESLAW SOUFFLÉ SALAD

June 1956
Mrs. Betty Smith, Kalamazoo, Mich.
In the '50s, this recipe was the rage. Stirring mayonnaise into gelatin creates a creamy soufflélike salad.

PRIZEWINNING RECIPES

DESSERTS

Dessert will never go out of style. Neither will any of these irresistible sweet temptations.



LEMON-NUT ICE CREAM

June 1938

Mrs. R. H. Shinew, Cleveland, Ohio

Always watching food trends, *BH&G* searched for innovative frozen desserts like this one, when electric refrigerators with freezers became common appliances in the late '30s.



MARBLE CHEESECAKE

April 1974

Mrs. Peter Porcaro, Hawthorne, N.J.

One of the creamiest cheesecakes you'll ever sink your teeth into. The swirled chocolate layer creates a different design each time you make it.



STRAWBERRY PIE DELUXE

May 1937

Thomas F. Goss, Los Angeles, Calif.

In the '30s, we challenged the "pants in the family" to give cooking a try. This striking pie captured top honors in our first recipe contest.



CHOCOLATE AND VANILLA TARTS, SEPTEMBER 1982

MEET A WINNER



WM. HOPKINS

"I'm always inventing recipes in my mind. I like to do the unexpected with foods."

JACQUELINE McCOMAS

Frazer, Pa.

A food enthusiast, Jacqueline brings her creations to the office for her co-workers to sample. The two-tone tarts won rave reviews, so she entered the recipe and received the same praise from *BH&G* taste panelists.



PUMPKIN CAKE ROLL

November 1974

Lucy Feldkamp, Ann Arbor, Mich.

The lightly spiced, tender cake with a cream cheese filling is a snap to make, but it looks as if you worked for hours.



BANANA SPLIT CAKE

February 1975

Mrs. Milton Brooks, Chelsea, Okla.

A favorite ice-cream concoction turns into an ingenious, moist cake. How could anyone resist this blue-ribbon dessert?

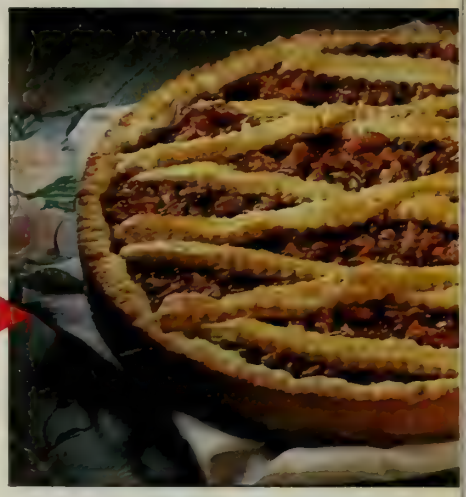


BURNT-SUGAR CHIFFON CAKE

April 1951

Mrs. William J. Young, Evansville, Ind.

The first new cake in 100 years hit the scene in the '40s—a chiffon cake. This mile-high version is a grand example of these featherweight cakes.



SWISS NUT TORTE

December 1980

Mrs. Jeanne Howard, Monterey Park, Calif.

Impressive—the best way to describe this European-style torte with a liqueur-laced nut filling. It adds elegance to any meal or occasion.



CHOCOLATE-COVERED CHERRY COOKIES

December 1981

Mary Pickard, Tampa, Fla.

A fun, sophisticated cookie that you can take to a kid's party or serve at a holiday open house. Chocolate fanatics love the rich cookie base and frosting that holds a surprise center.



CARAMEL PECAN BROWNIES

September 1966

Mary B. Lundegard, Sunnyvale, Calif.

We were deluged with brownie recipes in 1966. This delightful winner emerged with its slightly chewy, caramel texture.



FROSTY STRAWBERRY SQUARES

June 1964

Mrs. Rodney Everson, Austin, Minn.

Marion Viall, *BH&G* recipe editor for 27 years, picks this as a favorite. Why? You can make it ahead and it's a snap to fix.



RAISIN PUFFS WITH ORANGE SAUCE

January 1946

Mrs. J. W. Hunter, Tavares, Fla.

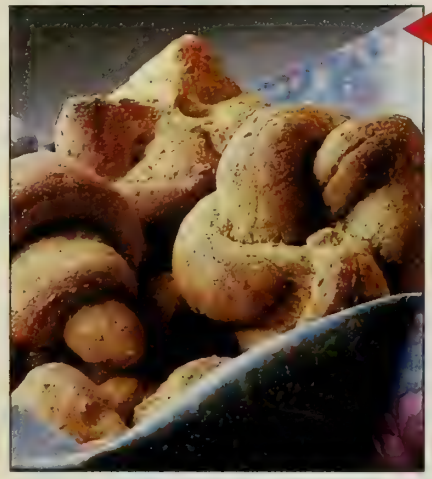
The feathery muffinlike puffs with their bright orange sauce won praise in the '40s and continue to do so in the '80s.

RECIPES BEGIN ON PAGE 146.

PRIZEWINNING RECIPES

BREADS

Who can resist fresh baked breads? Sample these classics and they're sure to become most-requested recipes—just try to keep them around the house.



WHOLE WHEAT AND COTTAGE CHEESE ROLLS

March 1973

Mrs. Charlie Lovelace, Danville, Va.

Eating right has always been a concern for Americans and the editors of *BH&G*. This wholesome recipe is an example of our commitment to healthful eating.



CORN-RYE BISCUITS

April 1978

Susan E. Cornwall, Crofton, Md.

Biscuits have been around forever, but there's always room for improvement. Serve this hearty version tonight with soup or stew.



APPLE-CINNAMON SWIRL LOAF

March 1975

Mrs. Conrad R. Appledorn, Artesia, N.Mex.

Why measure every ingredient when you can personalize a mix and still produce a tastes-like-scratch bread? This bread starts with a white cake mix.



MOLASSES CORN BREAD

March 1965

Mrs. Howard J. Garman, Wilmington, Ohio

Sweet, buttery goodness. A great breakfast bread or main-dish addition, this gingerbreadlike recipe is slightly sweet from the molasses and nutty from the cornmeal.



RASPBERRY CREAM-CHEESE COFFEE CAKE

October 1970

Carol Jensen, East Hazelcrest, Ill.

This cake may look complicated but the recipe is really meant for the on-the-go cook. It features only five ingredients that you can assemble in minutes.



RASPBERRY BRAN MUFFINS

July 1938

Mrs. Lester G. Engelson, Shafter, Calif.

Muffins may be the rage today, but they've been popular for a long time. We published this winning muffin recipe almost 50 years ago!

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NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

● With each recipe we give important nutrition information. The calorie count of individual servings and the amount, in grams, of protein, fat, cholesterol, and sodium help you keep tabs on what you eat.

● Also, you can check the vitamin and mineral levels per serving of each recipe. Vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (U.S. RDAs are standards developed by the Food and Drug Administration.)

● When a recipe is high in fiber, we'll include grams of fiber per serving.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

HOW WE ANALYZE

● When ingredient options appear, we use the first choice for the analysis.

● We omit optional ingredients from the nutrition analysis.

● We use the first serving size listed.

● When milk is an ingredient, we base nutrition information on *low-fat* milk.

WHAT YOU NEED

Use our recipe analyses to chart the nutritional value of the foods you eat. These simple guidelines are based on daily needs of females, 23 to 50 years old (in general, males and teenagers need more calories):

calories—2,000
protein—45 to 65 grams
fat—67 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams
fiber—25 to 35 grams

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall.

SEPTEMBER RECIPE INDEX

50 PRIZEWINNING RECIPES

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MICROWAVE NOTE

The microwave recipes included here were tested in countertop microwave ovens that operate on power levels of from 625 to 700 watts. The cooking times in these recipes are approximate because microwave ovens vary by manufacturer.

Microwave directions are included only when the micro-cooked recipe meets the same high standards of taste appeal, practicality, and reliability as the recipe that has been prepared conventionally.

continued

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50 PRIZE TESTED RECIPES

continued

APPETIZERS

(Recipes pictured on pages 110-111.)

CLARET PUNCH

- 1 750-ml bottle claret *or* dry red wine, chilled
- 1 cup cold water
- 1 6-ounce can frozen red fruit punch concentrate
- ½ cup orange liqueur
- 1 32-ounce bottle lemon-lime carbonated beverage *or* carbonated water, chilled

● **In a punch bowl combine** claret or wine, water, punch concentrate, and orange liqueur.

● **Slowly pour** the carbonated beverage or the water down the side of the punch bowl. Stir the mixture gently with an up-and-down motion to mix. Ladle the punch into individual punch cups. Serve immediately. Makes 18 (4-ounce) servings.

Nutrition information per each 4-ounce serving of punch: 84 cal., 0 g pro., 14 g carbo., 0 g fat, 0 mg chol., and 4 mg sodium.

SPARKLING PEACHES AND CREAM

- 1 16-ounce can peach slices, chilled
- ½ cup unsweetened pineapple juice, chilled
- 1 egg
- 4 ice cubes (½ cup)
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 teaspoon vanilla
- ⅓ cup light cream *or* milk
- 1 10-ounce bottle sparkling mineral water *or* carbonated water, chilled (1¼ cups)

● **In a blender container combine** *undrained* peaches, pineapple juice, egg, ice cubes, sugar, lemon juice, and vanilla. Cover and blend till smooth.

● **Stir in light cream or milk.** Slowly pour mineral water down side of blender. Stir gently with an up-and-down motion to mix. Pour into chilled punch cups. Makes 5 (6-ounce) servings.

Nutrition information per serving: 112 cal., 2 g pro., 17 g carbo., 4 g fat, 66 mg chol., 24 mg sodium, 2 g dietary fiber. U.S. RDA: 10% vit. A, 12% vit. C.

ICED ALMONDS

- 1½ cups blanched whole almonds, pecan halves, walnut halves, *or* cashews
- ½ cup sugar
- 2 tablespoons margarine *or* butter
- ½ teaspoon vanilla

● **Line a baking sheet with foil.** Butter the foil; set aside.

● **In a heavy 8-inch skillet combine** nuts, sugar, and margarine. Cook over medium heat, carefully stirring constantly, 9 minutes or till sugar melts and turns a rich brown color. (Mixture may splatter.) Remove from heat.

● **Immediately stir in vanilla.** Spread mixture onto prepared baking sheet. Cool completely. Break into small clusters. Store tightly covered. Makes about 10 ounces (2¾ cups).

Nutrition information per ounce: 198 cal., 5 g pro., 15 g carbo., 15 g fat, 0 mg chol., 29 mg sodium. U.S. RDA: 11% riboflavin, 12% phosphorus.

ARTICHOKE-CHILI DIP

- 1 14-ounce can artichoke hearts, drained and chopped
- 1 cup grated Parmesan cheese
- 1 4-ounce can green chili peppers, rinsed, seeded, and chopped
- 1 cup mayonnaise *or* salad dressing

Dippers such as pita wedges *or* tortilla chips

● **In a small mixing bowl combine** artichokes, cheese, peppers, and mayonnaise or salad dressing.

● **Transfer mixture** to an 8-inch round baking dish. Bake, uncovered, in a 350° oven about 20 minutes or till heated through. Serve warm with dippers. Makes about 2⅔ cups.

Microwave directions: Prepare dip as directed, *except* transfer mixture to an 8-inch microwave-safe baking dish. Micro-cook, uncovered, on 70% power (medium-high) 4 to 6 minutes or till heated through, stirring once. Stir just before serving.

Nutrition information per tablespoon dip: 51 cal., 1 g pro., 1 g carbo., 5 g fat, 5 mg chol., 78 mg sodium.

CHEESE AND SPINACH PUFFS

- 1 10-ounce package frozen chopped spinach
- ½ cup chopped onion
- 2 slightly beaten eggs
- ½ cup grated Parmesan cheese

continued

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50 PRIZE TESTED RECIPES

continued

½ cup shredded cheddar cheese
⅓ cup blue cheese salad dressing
2 tablespoons margarine *or* butter, melted
⅛ teaspoon garlic powder
1 8½-ounce package corn muffin mix
Dijon-style mustard (optional)

● **Cook spinach and onion** according to package directions. Drain well, pressing out excess liquid. In a bowl combine eggs, cheeses, salad dressing, margarine, and garlic powder. Stir in spinach and muffin mix. Cover; chill 1 hour or till easy to handle.

● **Shape into 1-inch balls;** arrange on a baking sheet. Cover; chill till serving time. (*Or,* place in a freezer container; seal, label, and freeze.)

● **To serve, place** puffs on baking sheet. Bake in 350° oven 10 to 12 minutes for chilled puffs or 12 to 15 minutes for frozen puffs or till light brown. Serve warm with mustard. Makes 50.

Nutrition information per puff: 47 cal., 2 g pro., 4 g carbo., 3 g fat, 17 mg chol., 111 mg sodium.

FRENCH MUSTARD SLICES

½ cup margarine *or* butter, softened
¼ cup snipped parsley
2 tablespoons sliced green onion
2 tablespoons prepared mustard
1 tablespoon toasted sesame seed
1 teaspoon lemon juice
2 9-inch loaves French bread, sliced

● **In a small mixing bowl** stir together all ingredients *except* bread. Spread mixture on both sides of bread slices. Arrange bread on a baking sheet; toast in a 350° oven 20 minutes or till golden brown. (*Or,* reassemble prepared slices into a loaf; wrap loosely in foil. Heat in a 375° oven 10 to 15 minutes.) Makes about 36 slices.

Nutrition information per slice: 76 cal., 2 g pro., 10 g carbo., 3 g fat, 1 mg chol., 142 mg sodium.

CHICKEN HAM PINWHEELS

2 whole large chicken breasts (about 2 pounds total), skinned and boned
⅛ teaspoon dried basil, crushed
⅛ teaspoon salt
Dash pepper
Dash garlic salt
4 thin slices fully cooked ham (about 3 ounces)
2 teaspoons lemon juice
Paprika
Party bread
Assorted crackers

● **Rinse chicken; pat dry.** Place 1 whole chicken breast between 2 pieces of clear plastic wrap; pound to ¼-inch thickness. Repeat with remaining chicken.

● **Combine** basil, salt, pepper, and garlic salt; sprinkle on chicken. Cover *each* chicken breast with *half* of the ham; roll up from long side.

● **Place rolls,** seam side down, in a 10x6x2-inch baking dish.

● **Drizzle with lemon juice;** sprinkle with paprika. Bake in a 350° oven about 30 minutes or till tender. Cover and chill; cut into ½-inch-thick slices. Serve with party bread and crackers. Makes about 24 slices.

Nutrition information per slice: 36 cal., 7 g pro., 0 g carbo., 1 g fat, 18 mg chol., 73 mg sodium. U.S. RDA: 14% niacin.

NUT AND RAISIN SPREAD

1 medium orange
1 cup broken pecans
2½ cups light raisins
¾ cup mayonnaise *or* salad dressing
Orange slices, celery sticks, *or* assorted crackers

● **Do not peel orange.** Quarter and seed orange. In a food processor bowl process orange and nuts, covered, till finely chopped. Add *half* of the raisins and all of the mayonnaise or salad dressing. Cover; process till raisins are chopped. Add remaining raisins; cover and process till finely chopped.

● **Transfer** to a covered container; chill. *(Or,* place in a moisture- and vaporproof freezer container; seal, label, and freeze up to 3 months. Thaw in refrigerator several hours.)

● **To serve,** spread on orange slices, celery, or crackers. Makes 3½ cups.

Food grinder: Run the seed and quartered orange, pecans, and raisins through fine blade of food grinder. Stir in mayonnaise.

Nutrition information per tablespoon spread: 56 cal., 0 g pro., 6 g carbo., 4 g fat, 2 mg chol., 18 mg sodium.

continued

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SMALL MENU

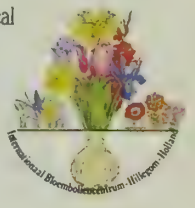
20 Tulips (triumph)
15 Hyacinths
15 Small garden tulips (botanical or single early)
15 Daffodils/narcissi (trumpet, small cup or botanical)
25 Crocus
25 Glory of the snow "Chionodoxa"

MEDIUM MENU

30 Tulips (Darwin hybrid, double)
25 Hyacinths
30 Botanical crocus
50 Narcissi (small cup, large cup or botanical)
25 Botanical iris
25 Grape hyacinths "Muscari"
20 Ornamental onions "Allium"

LARGE MENU

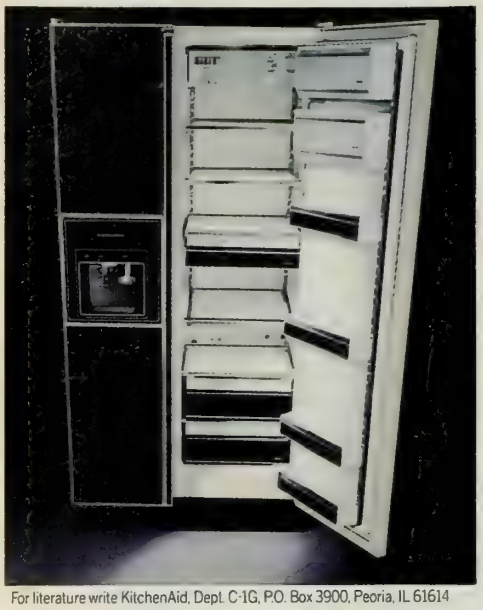
50 Tulips (triumph, Darwin hybrid or lily-flowering)
30 Hyacinths
50 Daffodils/narcissi (trumpet, double or multiflowering)
50 Crocus
25 Small garden tulips (botanical or double)
50 Anemone blanda
10 Crown Imperial "Fritillaria imperialis"
25 Dutch Iris



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50 PRIZE TESTED RECIPES

continued

MAIN DISHES

(Recipes pictured on pages 112–113.)

CHICKEN À LA MARIA

- ¾ cup fine dry Italian-seasoned bread crumbs
- 2 tablespoons grated Parmesan cheese
- 6 whole large chicken breasts (about 6 pounds total), skinned, boned, and halved lengthwise
- ½ cup sliced green onion
- 2 tablespoons margarine *or* butter
- 2 tablespoons all-purpose flour
- 1 cup milk
- 1 10-ounce package frozen chopped spinach, thawed and well drained
- ¾ cup diced fully cooked ham

● **Combine bread crumbs** and cheese; reserve *half* for topping. Rinse chicken; pat dry. Dip chicken in crumb mixture to coat lightly. Place in a 13x9x2-inch baking dish.

● **In a small saucepan cook onion** in margarine or butter till tender. Stir in flour till blended. Add milk. Cook and stir over medium heat till thickened and bubbly. Stir in spinach and ham. Spoon spinach mixture over chicken; sprinkle with the remaining crumb mixture. Bake, uncovered, in a 350° oven for 40 to 45 minutes or till chicken is no longer pink. Makes 12 servings.

Nutrition information per serving: 271 cal., 39 g pro., 7 g carbo., 8 g fat, 103 mg chol., and 339 mg sodium. U.S. RDA: 33% vit. A, 12% thiamine, 14% riboflavin, 80% niacin, 11% iron, and 32% phosphorus.

ORANGE 'N' SPICE POT ROAST

- 1 3½- to 4-pound beef chuck pot roast
- 2 tablespoons lemon juice
- 1 teaspoon salt
- 3 slices bacon
- 1 8-ounce can stewed tomatoes
- 1 cup orange juice
- ⅔ cup chopped onion
- ¼ cup snipped fresh parsley *or* 1 tablespoon dried parsley flakes
- 1 teaspoon sugar
- ½ teaspoon ground cinnamon
- 1 clove garlic, minced
- 4 whole cloves
- 1 small bay leaf
- 2 tablespoons all-purpose flour
- ¼ cup cold water

● **Sprinkle roast** with lemon juice and salt. In a 12-inch ovenproof skillet cook bacon till crisp. Remove from pan; crumble bacon and set aside. Brown roast in drippings. Drain off fat.

● **In a medium bowl combine** bacon, *undrained* tomatoes, orange juice, onion, parsley, sugar, cinnamon, garlic, cloves, and bay leaf. Pour over roast. Bake, covered, in a 325° oven for 2 to 2½ hours or till roast is tender. Transfer roast to serving platter; cover with foil to keep meat warm.

● **Remove cloves and bay leaf** from pan juices; skim off fat. Stir flour into water; stir into pan juices. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Pass gravy with meat. Makes 6 to 8 servings.

Nutrition information per serving: 360 cal., 43 g pro., 12 g carbo., 15 g fat, 125 mg chol., and 584 mg sodium. U.S. RDA: 34% vit. C, 12% thiamine, 21% riboflavin, 35% niacin, 33% iron, and 25% phosphorus.

LASAGNA IN A BUN

- 8 hoagie buns
- ¾ pound ground beef
- 1 8-ounce can tomato sauce
- ½ of a 1⅓-ounce envelope dry onion soup mix (¼ cup)
- ¼ teaspoon dried oregano, crushed
- ¼ teaspoon dried basil, crushed
- 1 beaten egg
- ¾ cup ricotta *or* cream-style cottage cheese, drained
- 1 cup shredded mozzarella cheese (4 ounces)

● **Cut thin slice** off tops of buns. Hollow out centers, leaving ½-inch-thick shells; set aside. Reserve bread crumbs for another use.

● **In a skillet cook beef** till brown; drain off fat. Add tomato sauce, soup mix, and herbs. Cook, covered, over low heat 5 minutes. Uncover; cook 5 minutes more or till of desired consistency, stirring frequently.

● **Meanwhile, in a bowl combine** egg, ricotta or cottage cheese, and *½ cup* of the mozzarella cheese. Spoon *half* the meat mixture into bottom of rolls. Top with cheese mixture, then remaining meat mixture. Top with remaining mozzarella cheese. Replace bun tops.

continued

Imagine Waffles With That Fresh-Off-The-Griddle Taste...



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Waffles

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50 PRIZE TESTED RECIPES

continued

Wrap sandwiches individually in foil. Bake in a 400° oven 20 to 25 minutes or till hot. Makes 8 servings.

Nutrition information per sandwich: 257 cal., 18 g pro., 19 g carbo., 12 g fat, 79 mg chol., 659 mg sodium. U.S. RDA: 10% vit. A, 11% thiamine, 16% riboflavin, 15% niacin, 19% calcium, 12% iron, 23% phosphorus.

TURKEY WITH CURRY SAUCE

- 1 pound fresh turkey breast tenderloin slices, cut ½ inch thick
- 2 tablespoons margarine *or* butter
- 2 tablespoons all-purpose flour
- ½ teaspoon curry powder
- 1 cup chicken broth
- ¼ cup milk
- ½ of a small banana, diced (½ cup)
- ¼ cup snipped pitted dates *or* raisins
- ¼ cup chopped cashews
- ½ teaspoon finely shredded lemon peel
- 3 cups hot cooked rice *or* bulgur

● **Wrap turkey slices in foil;** place in a shallow baking pan. Cook in a 350° oven for 25 minutes or till turkey is no longer pink.

● **Meanwhile, for sauce,** in a small saucepan melt margarine or butter. Stir in flour and curry powder till blended. Add broth and milk. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 minute more. Stir in banana, dates or raisins, cashews, and lemon peel.

● **Arrange turkey** over rice or bulgur. Pour sauce over turkey. Serves 6.

Nutrition information per serving: 316 cal., 23 g pro., 38 g carbo., 8 g fat, 48 mg chol., 214 mg sodium, 2 g dietary fiber. U.S. RDA: 12% thiamine, 10% riboflavin, 34% niacin, 14% iron, 24% phosphorus.

ORIENTAL-STYLE PORK STEAKS

- 4 pork shoulder steaks, cut ½ inch thick (about 1½ pounds)
- 1 tablespoon cooking oil
- 1 8-ounce can crushed pineapple (juice pack)
- 2 tablespoons vinegar
- 2 tablespoons soy sauce
- 1 teaspoon sugar
- ½ teaspoon ground ginger
- 2 medium carrots, bias-sliced ¼ inch thick (1 cup)
- ½ of a small onion, cut into wedges
- 1 small green pepper, cut into bite-sized strips
- 1½ teaspoons cornstarch
- Chow mein noodles (optional)

● **In a 10-inch skillet brown pork** on both sides in hot oil. Remove from skillet; set aside. Drain off fat.

● **Drain pineapple,** reserving juice. Add *water* to juice to make *½ cup.* Combine pineapple juice mixture with vinegar, soy sauce, sugar, and ginger. Add to skillet. Add carrots and onion. Return pork to skillet; cover and simmer 20 to 25 minutes or till pork and carrots are tender. Stir green pepper into sauce. Cover and simmer 3 minutes. Remove pork from skillet.

● **Combine pineapple** and cornstarch; add to skillet. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Serve pork and sauce over noodles. Makes 4 servings.

Nutrition information per serving: 360 cal., 24 g pro., 18 g carbo., 21 g fat, 81 mg chol., 590 mg sodium, 2 g dietary fiber. U.S. RDA: 174% vit. A, 57% vit. C, 42% thiamine, 21% riboflavin, 26% niacin, 12% iron, 23% phosphorus.

PEPPER STEAK SALAD

- 1 pound rare-cooked roast beef, cut into thin strips (3 cups)
- 2 small tomatoes, cut into wedges
- 1 large green pepper, cut into strips
- 1 cup sliced celery
- ⅓ cup sliced green onion
- ⅓ cup sliced fresh mushrooms
- ½ cup teriyaki sauce
- ⅓ cup dry sherry
- ⅓ cup salad oil *or* olive oil
- 3 tablespoons white *or* rice vinegar
- ½ teaspoon ground ginger
- 1 cup fresh *or* canned bean sprouts, drained and rinsed
- 4 cups shredded Chinese cabbage

● **In a plastic bag combine** beef, tomatoes, green pepper, celery, onion, and mushrooms; set in a shallow dish.

● **In screw-top jar combine** teriyaki sauce, sherry, oil, vinegar, and ginger; cover and shake well. Pour over beef mixture. Seal bag. Turn bag to coat well. Marinate for 2 to 3 hours in the refrigerator, turning bag occasionally.

continued

Imagine Syrup Too Thick To Be Lite



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Lite and Butterlite Syrups

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continued

Drain and reserve marinade. Add bean sprouts to bag.

● **In a large salad bowl place** cabbage; top with meat and vegetable mixture. Toss before serving. Pass reserved marinade for dressing. Makes 6 servings.

Nutrition information per serving: 330 cal., 25 g pro., 11 g carbo., 20 g fat, 69 mg chol., 862 mg sodium, 2 g dietary fiber. U.S. RDA: 27% vit. A, 62% vit. C, 16% riboflavin, 25% niacin, 24% iron, 26% phosphorus.

RED SNAPPER VERACRUZ

1½ pounds skinless fresh *or* frozen red snapper *or* cod fillets
1 small tomato, peeled, seeded, and chopped
½ cup chopped onion
½ cup chopped green pepper
1 4-ounce can sliced mushrooms, drained
3 tablespoons chili sauce
2 tablespoons margarine *or* butter
2 tablespoons lemon juice
1 tablespoon snipped parsley
1 tablespoon capers, drained
1 clove garlic, minced
½ teaspoon dried thyme, crushed
¼ teaspoon salt
Several dashes bottled hot pepper sauce
1 4½-ounce can small shrimp, drained
¼ cup dry white wine

● **Thaw fish, if frozen.** In 12x7½x2-inch glass baking dish combine all ingredients *except* fish, shrimp, and wine.

● **Micro-cook,** covered with waxed paper, on 100% power (high) for 5 to 6 minutes or till vegetables are tender, stirring twice. Stir in shrimp and wine. Place fish fillets atop mixture, folding thin edges under; spoon some of the sauce over. Cook, covered, on high for 5 to 7 minutes more or till fish flakes easily with a fork. Transfer to dinner plates, using a slotted spoon. Serves 6.

Nutrition information per serving: 234 cal., 29 g pro., 6 g carbo., 9 g fat, 77 mg chol., and 469 mg sodium. U.S. RDA: 12% vit. A, 28% vit. C, 12% thiamine, 15% niacin, 11% iron, and 24% phosphorus.

LEMON SHRIMP ORIENTAL

1¼ pounds fresh *or* frozen shrimp in shells
1 cup water
2 tablespoons cornstarch
2 tablespoons soy sauce
1 teaspoon sugar
1 teaspoon instant chicken bouillon granules
½ teaspoon finely shredded lemon peel
3 to 4 tablespoons lemon juice
⅛ teaspoon pepper
2 tablespoons cooking oil
2 cups sliced fresh mushrooms (5 ounces)
3 stalks celery, bias-sliced
1 medium green pepper cut into strips
¼ cup sliced green onions
1 6-ounce package frozen pea pods, thawed
Hot cooked rice

● **Thaw shrimp, if frozen,** and drain well. Peel and devein shrimp. For sauce, stir together water, cornstarch, soy sauce, sugar, bouillon granules, lemon peel, lemon juice, and pepper. Set aside.

● **Preheat a wok or large skillet** over high heat. Add *1 tablespoon* of the oil. Add mushrooms, celery, and green pepper; stir-fry for 3 minutes. Add green onion and stir-fry for 1 minute more. Remove vegetables from wok.

● **Add remaining oil.** Add *half* of the shrimp to hot wok. Stir-fry 2 to 3 minutes or till shrimp turn pink. Remove shrimp. Stir-fry remaining shrimp. Return shrimp to wok. Push from center.

● **Stir sauce;** add to center of the wok. Cook and stir till thickened and bubbly. Add vegetables and pea pods. Stir to coat mixture with sauce. Cook and stir for 1 minute. Serve over rice. Serves 6.

Nutrition information per serving with ½ cup rice: 244 cal., 14 g pro., 35 g carbo., 5 g fat, 59 mg chol., 495 mg sodium, 3 g dietary fiber. U.S. RDA: 55% vit. C, 15% thiamine, 21% niacin, 16% iron, 19% phosphorus.

BARBECUED PORK RIBS

1 cup catsup
1 cup water
2 to 3 tablespoons Worcestershire sauce
1 teaspoon chili powder
1 teaspoon celery seed
¼ teaspoon salt
¼ teaspoon bottled hot pepper sauce
3 to 4 pounds meaty spareribs, cut into pieces

● **For sauce,** in a small saucepan combine catsup, water, Worcestershire sauce, chili powder, celery seed, salt, and hot pepper sauce. Bring to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Set aside.

● **In a covered grill, arrange** preheated coals around a drip pan; test for *medium* heat above the pan. Place spareribs on grill rack over drip pan but not over coals. Lower grill hood. Grill for 25 minutes. Turn and grill, covered, for 20 minutes more.

● **Brush sauce** onto both sides of the spareribs. Continue grilling the spareribs, on an *uncovered* grill, about 15 minutes more or till no pink remains. Brush occasionally with the sauce. Makes 4 servings.

Nutrition information per serving: 288 cal., 36 g pro., 5 g carbo., 13 g fat, 110 mg chol., 296 mg sodium. U.S. RDA: 16% riboflavin, 29% niacin, 27% iron, 19% phosphorus.

CAMEMBERT SOUFFLÉ

¼ cup chopped celery
2 tablespoons thinly sliced green onion
1 clove garlic, minced
3 tablespoons margarine *or* butter
3 tablespoons all-purpose flour
1 teaspoon dry mustard
¼ teaspoon salt
Dash pepper
1 cup milk
4½ ounces Camembert cheese, rind removed and cheese cubed (½ cup)
½ cup grated Parmesan *or* Romano cheese (2 ounces)
5 egg yolks
7 egg whites

● **In a medium saucepan cook** celery, onion, and garlic in hot margarine or butter till tender. Stir in flour, mustard, salt, and pepper. Add milk. Cook and stir till thickened and bubbly. Stir in cheeses till just melted. Remove from heat.

● **Beat the egg yolks** slightly with a fork. Gradually stir in the Parmesan cheese mixture.

● **In a large mixer bowl beat** egg whites with an electric mixer on high speed till stiff peaks form (tips stand straight). Fold in yolk mixture. Transfer mixture to a 2- or 2½-quart ungreased soufflé dish. For a "top hat"

continued

Now You Can Have Extra Crispy Hash Browns In Minutes



From A Toaster

New Aunt Jemima Toaster Browns



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continued

that puffs in the oven, use a spatula to trace a 1-inch-deep circle through the mixture about 1 inch from the edge of the soufflé dish. Bake in 350° oven for 35 to 40 mintues or till a knife inserted off-center comes out clean. Serve immediately. Makes 6 servings.

Nutrition information per serving: 268 cal., 16 g pro., 7 g carbo., 19 g fat, 16 mg chol., 604 mg sodium. U.S. RDA: 17% vit. A, 23% riboflavin, 30% calcium, and 28% phosphorus.

POTATO SHELL TACO PIE

- ¼ cup margarine *or* butter
- ⅔ cup milk
- 1 1¼-ounce package taco seasoning mix
- 2½ cups instant mashed potato flakes
- 1 pound ground beef
- ½ cup chopped onion
- 1 16-ounce can refried beans
- ½ cup bottled barbecue sauce
- 1 cup shredded lettuce
- 1 medium tomato, chopped
- 1 cup shredded cheddar cheese (4 ounces)
- Dairy sour cream (optional)

● **In a medium saucepan melt** margarine or butter. Add milk and *2 tablespoons* of the taco seasoning mix. Remove from heat; stir in potato flakes. Press mixture over the bottom and up the sides of an ungreased 10-inch quiche dish or pie plate.

● **In a 10-inch skillet cook** beef and onion till beef is brown and onion is tender. Drain off fat. Stir in remaining taco mix, beans, and barbecue sauce. Cook and stir till bubbly. Turn into prepared crust. Bake, uncovered, in 350° oven for 30 to 35 minutes. Let stand 5 minutes. Top with lettuce, tomato, and cheese. Cut into wedges. Serve with sour cream. Makes 6 servings.

Nutrition information per serving: 556 cal., 27 g pro., 32 g carbo., 36 g fat, 73 mg chol., 760 mg sodium, 9 g dietary fiber. U.S. RDA: 21% vit. A, 25% vit. C, 17% thiamine, 18% riboflavin, 24% niacin, 22% calcium, 21% iron, 37% phosphorus.

SAVORY SAUSAGE STEW

- 1 12-ounce package fully cooked smoked sausage links *or* 1 pound skinless pork sausage links
- 1 14½-ounce can tomatoes, cut up
- 1 10½-ounce can condensed onion soup
- 2 medium potatoes, peeled and cubed
- ½ teaspoon Worcestershire sauce
- 1 10-ounce package frozen peas and carrots *or* one 10-ounce package frozen peas with pearl onions
- 3 tablespoons all-purpose flour
- ½ cup water

● **Cut each sausage link** into 4 or 5 pieces; brown in a large saucepan. Drain off fat. Add *undrained* tomatoes, soup, potatoes, and Worcestershire sauce. Bring to boiling; reduce heat. Cover and simmer 10 minutes.

● **Stir in frozen vegetables.** Cook 10 minutes longer or till potatoes are tender. Stir flour into water; stir into stew. Cook and stir till thickened and bubbly. Cook 2 minutes more. Serves 6.

Nutrition information per serving: 226 cal., 14 g pro., 24 g carbo., 9 g fat, 39 mg chol., 1025 mg sodium, and 4 g dietary fiber. U.S. RDA: 97% vit. A, 43% vit. C, 16% thiamine, 13% riboflavin, 23% niacin, 14% iron, and 15% phosphorus.

SIDE DISHES

(Recipes pictured on pages 114–115.)

HONEY SAUTERNE JELLY

- 1½ cups sauterne *or* other sweet white wine
- ½ of a 1¾-ounce package (2 tablespoons) powdered fruit pectin
- 2 tablespoons lemon juice
- 2 teaspoons finely shredded orange peel
- ½ cup orange juice
- 3 cups honey

● **In an 8-quart kettle combine** sauterne, pectin, lemon juice, orange peel, and orange juice. Bring to a full rolling boil. Stir in honey and return to boiling. Boil 5 minutes, stirring constantly. Remove from heat.

● **Skim off foam** with a metal spoon. Pour into clean, hot jars; seal at once. Serve with ham, poultry, lamb, or breads and rolls. Makes 4 half-pints.

Note: *Do not* double recipe. If desired, use the remaining pectin and sauterne to make a second batch.

Nutrition information per tablespoon: 50 cal., 0 g pro., 14 g carbo., 0 g fat, 0 mg chol., 1 mg sodium.

FIVE-FRUIT SALAD WITH PEANUT BUTTER DRESSING

- ½ of a 6-ounce can (⅓ cup) frozen pineapple juice concentrate, thawed
- 2 tablespoons creamy peanut butter
- ⅓ cup salad oil
- 1 cup fresh *or* canned pineapple chunks, drained
- 1 cup frozen unsweetened peach slices, thawed *or* one 8-ounce can peach slices (juice pack), drained
- ¼ of a medium cantaloupe, peeled and cut into wedges
- ½ cup seedless green grapes, halved
- ½ cup strawberries, halved

● **For dressing,** in a blender container combine pineapple juice and peanut butter. Cover; blend till smooth. With blender running on high, gradually add oil through opening in lid or with lid ajar. Blend well. Transfer to a covered container. Store in refrigerator.

● **To serve, stir** dressing. Serve over fruit. Makes 8 servings.

Nutrition information per serving: 159 cal., 2 g pro., 14 g carbo., 11 g fat, 2 mg chol., 21 mg sodium, 2 g dietary fiber. U.S. RDA: 14% vit. A, 42% vit. C.

MARINATED MUSHROOMS AND VEGETABLES

- ⅔ cup vinegar
- ½ cup olive oil *or* salad oil
- ¼ cup chopped onion
- 1 teaspoon sugar
- 1 teaspoon dried basil, crushed
- 1 teaspoon dried oregano, crushed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cloves garlic, minced
- 1 16-ounce can whole small carrots, drained *or* one 10-ounce package frozen tiny whole carrots, cooked and drained
- 1 14-ounce can artichoke hearts, drained and quartered
- 8 ounces fresh mushrooms, halved
- 1 cup pitted ripe olives, halved
- 1 cup sliced celery
- 1 2-ounce jar sliced pimiento, drained and chopped (¼ cup)
- Lettuce leaves (optional)

continued


Pasta Primavera
½ pound mostaccioli or ziti macaroni
2 large tomatoes, coarsely chopped
1½ cups cooked broccoli florets
¾ cup frozen peas, thawed
1 cup (8 oz.) Wish-Bone® Robusto Italian Dressing
1 tbsp. chopped fresh basil or 1 tsp. dried basil
1 package (8 oz.) mozzarella cheese, diced
¼ cup grated Parmesan cheese
Cook macaroni according to package directions; drain and rinse with cold water until completely cool. In large bowl, combine tomatoes, broccoli, peas, Wish-Bone® Robusto Italian Dressing and basil. Add cheeses and macaroni; toss lightly and chill. Makes about 10 side-dish servings.
Shrimp Scampi Italiano
½ cup Wish-Bone® Robusto Italian or Herbal Italian Dressing
1 pound uncooked shrimp, cleaned
In large shallow broiler-proof pan, pour dressing over shrimp. Cover and marinate in refrigerator, turning occasionally, at least 2 hours.
Broil shrimp with dressing, turning shrimp and basting with dressing, until done. Garnish, if desired, with chopped parsley.
Makes about 4 servings.
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heese, and even Wish-Bone Lite Italian.
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ITALIAN

continued

● **For marinade,** combine the vinegar, oil, onion, sugar, basil, oregano, salt, pepper, and garlic. Halve large carrots.

● **Combine** carrots, artichoke hearts, mushrooms, olives, celery, and pimiento. Pour marinade over the vegetables; stir. Cover; chill 6 hours or overnight, stirring occasionally. Drain vegetables; serve on lettuce-lined plates. Makes 10 to 12 servings.

Nutrition information per serving: 70 cal., 2 g pro., 7 g carbo., 5 g fat, 0 mg chol., 179 mg sodium, 3 g dietary fiber. U.S. RDA: 124% vit. A, 15% vit. C, and 10% riboflavin.

TOMATO AND BROCCOLI BAKE

2 cups fresh *or* frozen chopped broccoli
4 ounces cavatelli *or* elbow macaroni (1½ cups)
1 medium onion, thinly sliced
1 clove garlic, minced
2 tablespoons margarine *or* butter
5 medium tomatoes, peeled, seeded, and chopped
1 cup snipped parsley
1 teaspoon instant chicken bouillon granules
¼ teaspoon salt
¼ teaspoon dried oregano, crushed
¼ teaspoon dried basil, crushed
1 cup shredded cheddar cheese (4 ounces)

● **Thaw broccoli,** if frozen. In a large kettle or Dutch oven cook pasta, uncovered, in boiling salted water for 8 to 10 minutes or till tender; drain. Set aside.

● **In a 3-quart saucepan cook** onion and garlic in hot margarine or butter. Add *fresh* broccoli (add frozen broccoli later), tomatoes parsley, bouillon granules, salt, oregano, and basil. Bring to boiling; reduce heat. Cover; simmer 3 minutes. Stir in pasta and *½ cup* of the cheese. (Add *thawed* broccoli.) Transfer to 8x8x2-inch baking dish.

● **Bake, covered,** in 375° oven 15 minutes. Sprinkle with remaining cheese. Bake, uncovered, for 5 minutes more. Makes 6 to 8 servings.

Nutrition information per serving: 216 cal., 9 g pro., 21 g carbo., 11 g fat, 38 mg chol., 332 mg sodium, 3 g dietary fiber. U.S. RDA: 44% vit. A, 58% vit. C, 16% thiamine, 13% riboflavin, 18% calcium, 11% iron, 18% phosphorus.

SARAH'S SALAD

2 cups torn lettuce
2 cups torn curly endive
2 cups torn romaine
4 ounces Swiss cheese, cut into thin strips
1½ cups cooked peas
6 slices bacon, crisp-cooked, drained, and crumbled
1 medium red onion, thinly sliced
⅓ cup mayonnaise *or* salad dressing
1 teaspoon sugar
Dash salt

● **In a large glass bowl** with straight sides toss together lettuce, endive, and romaine. Top with cheese, peas, *half* of the bacon, and all of the onion.

● **In a small bowl stir together** mayonnaise or salad dressing, sugar, and salt. Spoon over onion. *Do not* toss. Cover; chill at least 2 hours or up to 24 hours. Just before serving, sprinkle with remaining bacon and toss. Serves 6 to 8.

Nutrition information per serving: 250 cal., 11 g pro., 10 g carbo., 19 g fat, 31 mg chol., 303 mg sodium, 3 g dietary fiber. U.S. RDA: 30% vit. A, 25% vit. C, 15% thiamine, 10% riboflavin, 22% calcium, 20% phosphorus.

CREAMY CELERY-ZUCCHINI SOUP

3 stalks celery
3 green onions, cut into 1-inch pieces
2 tablespoons margarine *or* butter
2 medium zucchini, halved lengthwise
1 cup water
1 tablespoon instant chicken bouillon granules
1½ cups milk
1 tablespoon cornstarch
3 slices bacon, crisp-cooked, drained, and crumbled (optional)

● **In a food processor bowl slice** celery with slicing blade; remove. In processor bowl finely chop green onions with chopping blade. In a 3-quart saucepan cook celery and onion, covered, in margarine or butter over medium-low heat for 5 to 10 minutes or till vegetables are tender but not brown, stirring occasionally.

● **Slice zucchini** in processor. Add zucchini, water, and bouillon granules to saucepan. Bring to boiling; reduce heat. Cover; simmer 10 minutes.

● **Combine milk and cornstarch;** add to saucepan. Cook and stir till bubbly. Cook and stir 2 minutes more. Season to taste with *salt* and *pepper.* Sprinkle each serving with bacon. Serves 6.

Nutrition information per serving. 84 cal., 3 g pro., 7 g carbo., 5 g fat, 5 mg chol., and 289 mg sodium. U.S. RDA: 10% calcium.

BAKED POTATOES WITH CHEF'S CHEESE SAUCE

5 *or* 6 large baking potatoes
Shortening (optional)
1 cup shredded sharp process American cheese (4 ounces)
½ cup dairy sour cream
¼ cup margarine *or* butter, softened
2 tablespoons sliced green onion

● **Scrub potatoes with a brush.** For soft skins, rub potatoes with shortening. Prick potatoes with a fork. Bake in a 425° oven 40 to 60 minutes or till tender. (*Or,* prepare potatoes as directed omitting shortening. Micro-cook, uncovered, on 100% power (high) 17 to 20 minutes or till tender, rearranging once.) Using a pot holder, gently roll potato to lightly mash inside. Immediately cut crisscross in top of each with a knife; press ends, pushing up to fluff.

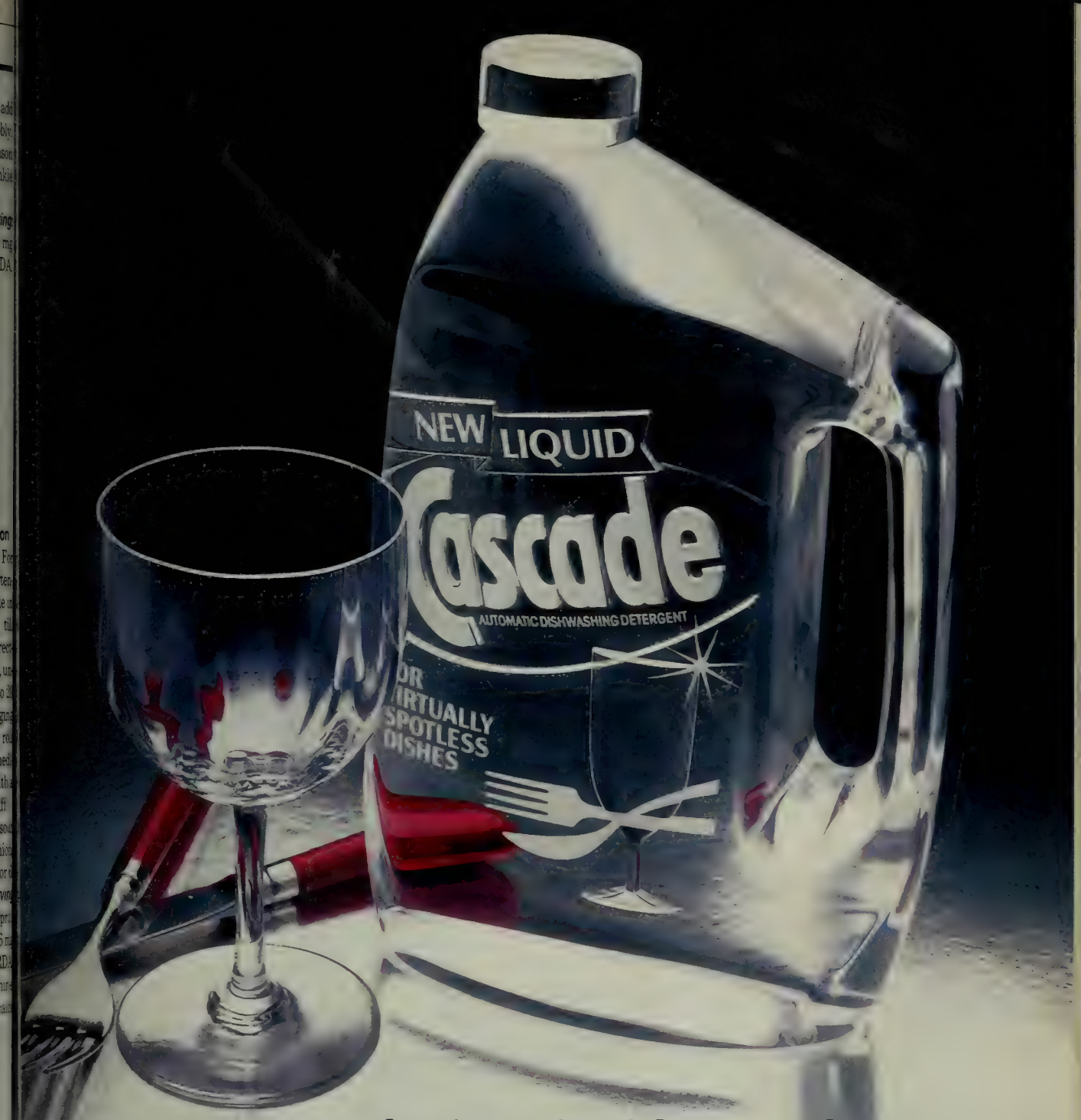
● **For sauce, combine** cheese, sour cream, margarine or butter, and onion. Dollop on warm potatoes. Serves 5 or 6.

Nutrition information per serving with ¼ cup sauce: 423 cal., 12 g pro., 47 g carbo., 22 g fat, 34 mg chol., 276 mg sodium, 5 g dietary fiber. U.S. RDA: 16% vit. A, 57% vit. C, 16% thiamine, 12% riboflavin, 19% niacin, 21% calcium, 12% iron, 26% phosphorus.

SPAGHETTI RING FLORENTINE

8 ounces spaghetti
2 10-ounce packages frozen chopped spinach
½ cup chopped onion
2 slightly beaten eggs
½ cup grated Parmesan cheese (2 ounces)
6 tablespoons margarine *or* butter softened
1 4-ounce jar pimiento, chopped
2 cups sliced fresh mushrooms (5 ounces)
1 15½-ounce jar meatless spaghetti sauce

continued



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50 PRIZE TESTED RECIPES

continued

● **Line a 6½-cup ring mold with foil.** Grease foil with *margarine* or *butter;* set aside.

● **Cook spaghetti** according to package directions; drain. Cook spinach according to package directions, adding onion; drain, pressing out liquid with the back of a spoon.

● **Stir together** eggs, spaghetti, spinach mixture, cheese, *4 tablespoons* margarine or butter, and pimiento. Press into mold. Cover; bake in 375° oven 25 minutes. Let stand 5 minutes; unmold.

● **For sauce, in a saucepan cook** mushrooms in remaining margarine till tender; add spaghetti sauce; heat through. Cut the ring into wedges. Pour sauce over each serving. Serves 8.

Nutrition information per serving: 304 cal., 12 g pro., 33 g carbo., 14 g fat, 74 mg chol., 666 mg sodium, and 3 g dietary fiber. U.S. RDA: 103% vit. A, 17% vit. C, 23% thiamine, 23% riboflavin, 14% niacin, 22% calcium, 22% iron, 18% phosphorus.

CURRY SLICES

2½ pounds pickling cucumbers, thinly sliced (8 cups)
1 medium onion, thinly sliced
1 tablespoon salt
1 green pepper, cut into thin strips
2 cups vinegar
1⅓ cups sugar
1 tablespoon curry powder
2 teaspoons pickling spice
1 teaspoon celery seed
1 teaspoon mustard seed
½ teaspoon pepper

● **In a large mixing bowl combine** the cucumbers and onion. Sprinkle with salt; cover with ice *water* and let stand for 3 hours. Drain well. Rinse and drain cucumber mixture again.

● **In a 4½-quart Dutch oven** or kettle combine green pepper, vinegar, sugar, curry powder, pickling spice, celery seed, mustard seed, and pepper; add drained cucumber and onion. Heat just to boiling. Fill hot clean pint jars; leave ½-inch headspace. Wipe rims; adjust the lids.

● **Process in a boiling water bath** for 10 minutes (start timing when the water boils). Makes 4 pints.

Nutrition information per ¼ cup: 42 cal., 0 g pro., 11 g carbo., 0 g fat, 0 mg chol., and 201 mg sodium. U.S. RDA: 14% vit. C.

BROCCOLI AND WILD RICE BAKE

1 to 1¼ pounds broccoli, cut into 1-inch pieces
1 6¾-ounce package quick-cooking long grain and wild rice mix
1 1-ounce envelope sour cream sauce mix
1 single-serving-size envelope *instant* cream of chicken soup mix
2 cups milk
¾ cup soft bread crumbs
1 tablespoon margarine *or* butter, melted
¼ teaspoon paprika

continued

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continued

● **Cook** broccoli stems in enough boiling salted water to cover 5 minutes. Add flowerets; cook 4 to 5 minutes or till tender. Drain. Prepare rice mix according to package directions. Combine sauce and soup mixes. Stir in milk.

● **In a 2-quart casserole combine** rice and milk mixture; fold in broccoli. Combine remaining ingredients; sprinkle over top. Bake, uncovered, in 350° oven 35 to 40 minutes or till heated through. Makes 8 servings.

Nutrition information per serving: 134 cal., 6 g pro., 17 g carbo., 4 g fat, 5 mg chol., 402 mg sodium, 2 g dietary fiber. U.S. RDA: 24% vit. A, 63% vit. C.

MARSHMALLOW-PECAN SQUASH

2 medium acorn squash (2 pounds)

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⅓ cup saltine cracker crumbs
¼ cup chopped pecans
3 tablespoons margarine *or* butter, melted
1 tablespoon brown sugar
⅛ teaspoon ground nutmeg
1 cup tiny marshmallows

● **Halve squash;** remove and discard seeds and fibers. Place squash, cut side up, in a 12x7½x2-inch baking dish.

● **Combine** cracker crumbs, pecans, *2 tablespoons* of the margarine, brown sugar, and nutmeg. Brush squash halves with remaining margarine. Spoon *one-fourth* of the nut mixture into *each* squash half. Bake, covered, in a 400° oven 50 to 55 minutes.

● **Uncover** baking dish; top *each* squash half with *¼ cup* of the marshmallows. Bake 4 to 5 minutes more or till marshmallows are golden. Serves 4.

Nutrition information per serving: 274 cal., 3 g pro., 37 g carbo., 15 g fat, 0 mg chol., 188 mg sodium, 5 g dietary fiber. U.S. RDA: 19% vit. A, 31% vit. C, 22% thiamine, 11% iron.

COLESLAW SOUFFLÉ SALAD

1 3-ounce package lemon-flavored gelatin
1 cup boiling water
½ cup mayonnaise *or* salad dressing
2 tablespoons vinegar
1½ cups finely shredded cabbage
½ cup diced celery
2 to 4 tablespoons diced red *or* green sweet pepper
1 tablespoon diced onion

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Shredded red and green cabbage (optional)

● **In a large mixer bowl dissolve** gelatin in boiling water. Stir in mayonnaise, vinegar, ½ cup cold *water* and ¼ teaspoon *salt*. Chill till partially set (consistency of unbeaten egg whites).

● **Beat with an electric mixer** on medium speed till fluffy. Fold in remaining ingredients *except* optional red and green cabbage. Pour into individual molds or a 1-quart mold; chill at least 6 hours or till set.

● **Unmold** salad onto cabbage-lined plates or a platter. Serves 6 to 8.

Nutrition information per serving: 192 cal., 2 g pro., 15 g carbo., 15 g fat, 11 mg chol., 251 mg sodium.

DESSERTS

(Recipes pictured on pages 116–117.)

LEMON-NUT ICE CREAM

2 eggs
½ cup sugar
2 cups light cream
½ cup light corn syrup

2 teaspoons finely shredded lemon peel
¼ cup lemon juice
½ cup chopped walnuts

● **In a small mixer bowl beat** eggs with an electric mixer on high speed till thick and lemon-colored, about 5 minutes. Gradually add sugar, beating till thick. Stir in cream, lemon peel, juice, and corn syrup; mix well.

● **Transfer mixture** to a 10x6x2-inch pan. Cover; freeze till partially frozen, about 2 hours. Break mixture into chunks. Place in a chilled large mixer bowl. Beat with an electric mixer on medium speed for 1 to 2 minutes or till smooth. Stir in walnuts. Return mixture to cold pan. Freeze about 3 hours or till firm. (Or, if you would rather, pour unfrozen mixture and nuts into a 2- to 4-quart ice-cream freezer container and freeze according to manufacturer's directions). Makes 8 servings.

Nutrition information per serving: 296 cal., 4 g pro., 32 g carbo., 18 g fat, 109 mg chol., 56 mg sodium.

MARBLE CHEESECAKE

You may be tempted to pour the melted chocolate into the reserved cheesecake batter (rather than vice versa), but the result will be an unattractive speckled chocolate mixture. Be sure to follow the recipe directions exactly as given for the best-looking marble effect—

1½ cups graham cracker crumbs
1½ cups sugar
6 tablespoons margarine *or* butter, melted
3 8-ounce packages cream cheese, softened
1½ teaspoons vanilla
4 eggs
1 cup light cream
2 squares (2 ounces) unsweetened chocolate, melted and cooled

● **Combine cracker crumbs,** *¼ cup* of the sugar, and the margarine or butter. Press in bottom and 1¾ inches up the sides of a 9-inch springform pan; set aside.

● **In a large mixer bowl beat** the remaining sugar, the cream cheese, and the vanilla with an electric mixer on medium speed till fluffy. Add the eggs; beat on low speed just till blended. Add cream; beat on low speed again till blended.

● **Using *1½ cups* batter, stir** a small amount at a time into the melted chocolate, stirring briskly after each addition till smooth.

● **Pour *half*** of the plain mixture into crust; gradually pour in half the chocolate mixture, using a zigzag motion. Repeat layers. Draw a knife or narrow metal spatula through the batter to marble layers.

● **Bake in a 325° oven** for 60 to 70 minutes or till the center appears nearly set when shaken. Cool in pan for 15 minutes on a wire rack; loosen sides of pan. Cool 30 minutes more on rack, then remove sides of pan. Chill cake. Makes 16 servings.

Note: Typically, the top of this cheesecake may crack during the cooling process.

continued

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SWANSON

continued

Nutrition information per serving: 357 cal., 6 g pro., 27 g carbo., 26 g fat, 126 mg chol., and 254 mg sodium. U.S. RDA: 19% vit. A, 12% riboflavin, and 11% phosphorus.

STRAWBERRY PIE DELUXE

1 quart fresh strawberries *or* one 16-ounce package frozen unsweetened whole strawberries
½ cup sugar
1 envelope unflavored gelatin
1 tablespoon lemon juice
1 baked 9-inch pastry shell
1 large banana

● **Thaw frozen strawberries,** reserving juices. Using a potato masher, crush *3 cups* of the strawberries. Halve or slice remaining berries; set aside.

● **Strain crushed strawberries;** add water to juice to equal *1 cup* liquid. Reserve crushed strawberries.

● **In a medium saucepan stir together** sugar and gelatin. Add the 1 cup liquid. Cook and stir over medium heat till gelatin and sugar are dissolved. Stir in reserved crushed strawberries and lemon juice. Transfer mixture to a mixing bowl. Chill till partially set (the consistency of unbeated egg whites).

● **Pour *half*** of the mixture into cooled pastry shell. Thinly slice banana; arrange in a single layer over berry mixture. Top with remaining berry mixture. Arrange reserved strawberry halves or slices on top. Chill several hours or till firm. Makes 6 to 8 servings.

Nutrition information per serving: 283 cal., 3 g pro., 45 g carbo., 11 g fat, 0 mg chol., 221 mg sodium, 3 g dietary fiber. U.S. RDA: 100% vit. C.

CHOCOLATE AND VANILLA TARTS

1½ cups all-purpose flour
3 tablespoons granulated sugar
3 tablespoons unsweetened cocoa powder
½ cup margarine *or* butter
2 tablespoons shortening
3 to 4 tablespoons cold water
2 3-ounce packages cream cheese
¼ cup sifted powdered sugar
1 8-ounce carton vanilla yogurt
1 teaspoon vanilla
½ of a 4-ounce container frozen whipped dessert topping, thawed
Sliced kiwi fruit *or* assorted fresh fruit, sliced
Colored mint wafers (optional)

● **In a mixing bowl combine** the flour, granulated sugar, and cocoa. Cut in margarine or butter and shortening till mixture resembles coarse crumbs. Sprinkle water over mixture, *1 tablespoon* at a time, tossing till moistened. Form into a ball.

● **On a floured surface roll** dough ⅛-inch thick. Cut into *twelve* 4½-inch circles. Fit pastry into muffin cups; flute edges. Prick bottom and sides of *each* with a fork. Bake in a 400° oven for 12 minutes. Remove from pans; cool.

● **In a small mixer bowl beat** cream cheese and powdered sugar with an electric mixer on medium speed till well blended. Stir in yogurt and vanilla. Fold in topping; spoon into shells. Chill. Top with fruit just before serving. To make candy curls, draw a vegetable peeler across bottom on mints forming a curl. Makes 12 servings.

Nutrition information per serving: 273 cal., 4 g pro., 26 g carbo., 17 g fat, 17 mg chol., 159 mg sodium. U.S. RDA: 12% vit. A, 24% vit. C.

PUMPKIN CAKE ROLL

3 eggs
1 cup granulated sugar
⅔ cup canned pumpkin
1 teaspoon lemon juice
¾ cup all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon baking powder
1 teaspoon ground ginger
½ teaspoon salt
½ teaspoon ground nutmeg
1 cup finely chopped walnuts
Sifted powdered sugar
1 cup sifted powdered sugar
2 3-ounce packages cream cheese
¼ cup margarine *or* butter
½ teaspoon vanilla

● **In a large mixer bowl beat** eggs with an electric mixer on high speed for 5 minutes; gradually beat in granulated sugar. Stir in pumpkin and lemon juice.

● **In a small bowl stir together** flour, cinnamon, baking powder, ginger, salt, and nutmeg. Fold into pumpkin mixture. Spread batter in a greased and floured 15x10x1-inch jelly-roll pan. Sprinkle with walnuts.

● **Bake in a 375° oven** for 15 minutes. Immediately invert cake onto a towel sprinkled with powdered sugar. Roll up cake and towel, jelly-roll style, starting from one of the short sides. Cool completely. Unroll cake.

● **For filling, in a small mixer bowl beat** the 1 cup powdered sugar, cream cheese, margarine or butter, and vanilla with an electric mixer on medium speed till smooth. Spread over cake; reroll cake. Cover and chill.

● **To serve, cut** cake crosswise into 1-inch slices. Makes 10 to 12 servings.

Nutrition information per serving: 325 cal., 6 g pro., 33 g carbo., 20 g fat, 101 mg chol., 264 mg sodium. U.S. RDA: 82% vit. A, 10% phosphorus.

BANANA-SPLIT CAKE

3 cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon baking soda
¼ teaspoon salt
1 cup margarine *or* butter
1½ cups granulated sugar
4 eggs
1 large banana
½ cup dairy sour cream
½ cup milk
1 teaspoon vanilla

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½ cup strawberry preserves
Few drops red food coloring (optional)
½ cup presweetened cocoa powder *or* instant cocoa mix
Powdered sugar (optional)

● **Grease and lightly flour** a 10-inch fluted tube pan; set aside. In a medium mixing bowl stir together flour, baking powder, baking soda, and salt; set aside.

● **In a large mixer bowl beat** margarine or butter with an electric mixer on medium speed for 30 seconds. Add granulated sugar and beat till fluffy. Add eggs, one at a time, beating well on medium speed after each addition.

● **In a medium mixing bowl mash** banana (should have about ½ cup). Add sour cream, milk, and vanilla; stir till combined.

● **Add dry ingredients** and banana mixture alternately to beaten mixture, beating on low speed after each addition till well blended.

● **Reserve** *2 cups* of the batter. Stir strawberry preserves and food coloring into *1 cup* of this reserved batter. Stir cocoa powder or hot cocoa mix into the remaining reserved batter.

continued

Chocolate Plunge

⅔ cup KARO® Light or Dark Corn Syrup
½ cup heavy or whipping cream
1 package (8 oz.) BAKER'S® Semi-Sweet Chocolate*
Assorted fresh fruit

*Or 2 packages (4 oz. each) BAKER'S® GERMAN'S® Sweet Chocolate

In medium saucepan stir corn syrup and cream. Bring to a boil over medium heat. Remove from heat. Add chocolate; stir until completely melted. Serve warm as a dip for fruit. Makes 1½ cups.

Microwave directions: In medium microproof bowl stir corn syrup and cream. Microwave at High (100%) 1½ minutes or until boiling. Add chocolate; stir until completely melted.

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GENERAL FOODS

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continued

● **Spoon *half*** of the remaining plain batter into the prepared pan. Top with strawberry batter. Top with the remaining plain batter. Spoon cocoa batter over all.

● **Bake in a 350° oven** for 60 to 65 minutes or till cake tests done. Cool for 10 minutes on a wire rack. Remove from pan; cool thoroughly. Sift powdered sugar over cooled cake, if desired. Makes 16 servings.

Nutrition information per serving: 343 cal., 5 g pro., 49 g carbo., 15 g fat, 73 mg chol., and 256 mg sodium. U.S. RDA: 12% vit. A, 11% thiamine, and 10% riboflavin.

BURNT SUGAR CHIFFON CAKE

¾ cup sugar
¾ cup hot water
2¼ cups sifted cake flour *or* 2 cups all-purpose flour
1¼ cups sugar
1 tablespoon baking powder
⅛ teaspoon salt
5 egg yolks
½ cup cooking oil
⅓ cup water
1 teaspoon vanilla
8 egg whites
½ teaspoon cream of tartar
1 recipe Burnt-Sugar Frosting (see recipe *at right*)
Toasted coconut (optional)

● **In a heavy skillet melt** the ¾ cup sugar over medium-low heat without stirring till it just begins to melt. Heat and stir for 6 to 8 minutes or till clear and a deep golden color. Remove from heat; carefully stir in hot water. Return to heat; cook and stir over low heat till lumps dissolve and mixture is reduced to *⅔ cup.* Remove from heat.

● **In a large mixer bowl sift together** cake flour or all-purpose flour, the 1¼ cups sugar, baking powder, and salt; make a well in center. Add *½ cup* of the burnt-sugar syrup (reserve remaining for frosting), egg yolks, oil, the ⅓ cup water, and vanilla. Beat with an electric mixer on low speed just till combined, then on high speed about 5 minutes or till satin smooth.

● **Transfer batter** to another bowl. Thoroughly wash mixer bowl and beaters. In the same mixer bowl beat egg whites and cream of tartar with electric mixer on high speed till stiff peaks form (tips stand straight). Pour batter in a thin stream over entire surface of egg whites, folding in gently by hand. Pour into ungreased 10-inch tube pan.

● **Bake** on bottom rack in a 325° oven for 55 to 60 minutes or till cake springs back when lightly touched with fingers. Invert cake in pan; cool completely. Loosen cake; remove from pan.

● **Drizzle** with Burnt-Sugar Frosting. Sprinkle with toasted coconut. Makes 16 servings.

Burnt-Sugar Frosting: In a medium saucepan melt 2 tablespoons *margarine* or *butter;* remove from heat. Blend in 4 teaspoons *all-purpose flour* and ⅛ teaspoon *salt.* Stir in remaining *burnt-*

continued

Great meals with an Italian accent



CHICKEN PARMIGIANA

4 boneless, skinless chicken breast halves
2 eggs, beaten
1 cup PROGRESSO® Italian Style Bread Crumbs
¼ cup PROGRESSO® Olive Oil
1 jar (15½ ounces) PROGRESSO Meat Flavor Spaghetti Sauce
½ cup PROGRESSO® Grated Parmesan Cheese
8 slices or 5 ounces, sliced mozzarella cheese

Preheat oven to 400°F. With a meat mallet, flatten chicken breasts to ¼-inch thickness. Dip chicken into egg and then into bread crumbs, coating thoroughly. In a medium skillet, heat olive oil. Cook chicken in oil until well browned on both sides. Pour spaghetti sauce into an 11 x 7-inch baking dish. Place chicken on sauce and top with Parmesan cheese and slices of mozzarella cheese. Bake for 15 minutes or until cheese is melted and lightly browned. Makes 4 servings.





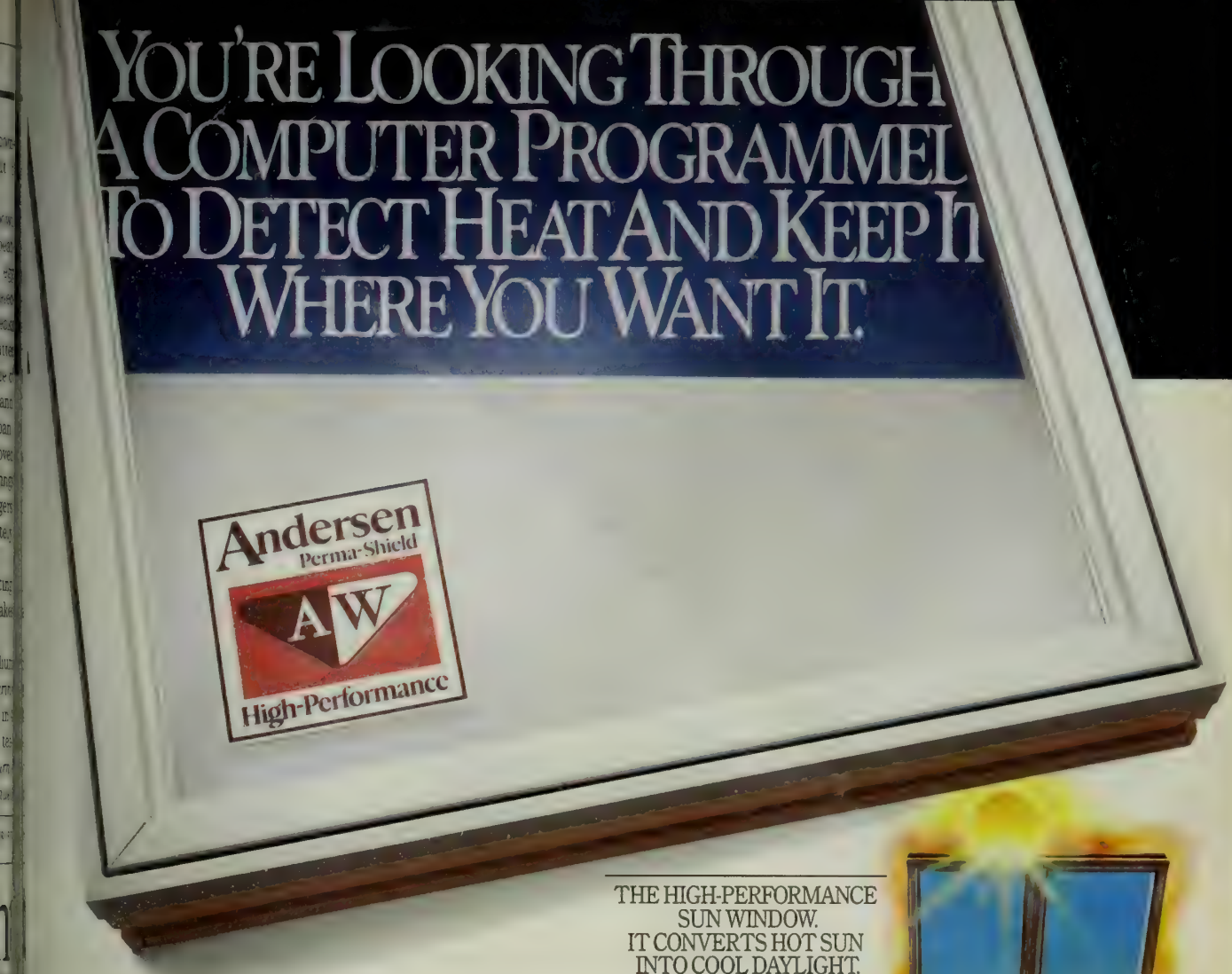
MEATBALLS ITALIANO

2 pounds ground beef
2 eggs, lightly beaten
1 cup water
1 cup PROGRESSO® Italian Style Bread Crumbs, divided usage
1 cup chopped onion
½ cup PROGRESSO® Grated Parmesan Cheese
1 garlic clove, minced
1 teaspoon salt
¼ teaspoon ground black pepper
¼ cup PROGRESSO® Olive Oil
2 jars (15½ ounces each) PROGRESSO® Spaghetti Sauce

In a large bowl combine beef, eggs, water, ½ cup of the bread crumbs, onion, Parmesan cheese, garlic, salt and black pepper. Measure out ¼ cup of the mixture; form into a ball. Roll meatball in remaining bread crumbs to coat. Repeat with remaining meat mixture and bread crumbs; set aside. In a large skillet heat oil until hot. Add meatballs; brown on all sides, about 15 minutes. Add spaghetti sauce; bring to a boil. Reduce heat and simmer, covered, until hot, about 20 minutes. Serve over spaghetti.
Makes 6 to 8 servings.

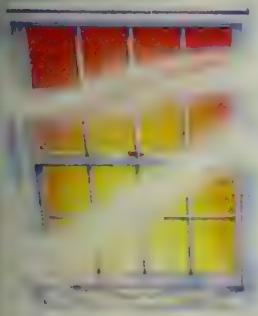
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50 PRIZE TESTED RECIPES

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sugar syrup. Heat to boiling, stirring constantly. Cook and stir 1 minute more. Remove the saucepan from heat. Beat 1½ cups sifted *powdered sugar* and 2 tablespoons *milk* alternately into syrup mixture. Beat in 3 tablespoons *margarine* or *butter.* Add ½ teaspoon *vanilla.* Beat mixture till of drizzling consistency. If necessary, stir in 1 to 2 teaspoons *milk.*

Nutrition information per serving: 312 cal., 4 g pro., 47 g carbo., 12 g fat, 85 mg chol., 161 mg sodium.

SWISS NUT TORTE

2⅔ cups all-purpose flour
1½ cups sugar
⅔ cup margarine *or* butter
1 beaten egg
2 tablespoons rum *or* water
1 teaspoon finely shredded lemon peel

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1 cup whipping cream, at room temperature
3 tablespoons honey
1 to 2 tablespoons kirsch *or* other brandy
2¾ cups coarsely chopped walnuts
1 slightly beaten egg yolk
1 tablespoon milk

● **In a small mixing bowl stir together** flour, ½ *cup* of the sugar, and a dash *salt;* set aside.

● **In a large mixer bowl beat** the margarine or butter with an electric mixer on medium speed till fluffy. Add the flour mixture; beat till crumbly. Combine the whole egg, the rum or water, and the lemon peel. Stir into flour mixture till moistened.

● **Divide dough into thirds.** Pat *one-third* of the dough onto bottom of a 10-inch springform pan. Pat another *third* of dough 1 inch up the sides of pan. On waxed paper roll remaining dough to a 10x4-inch rectangle about ¼ inch thick; cover. Chill crust and rolled dough for 30 minutes.

● **In a heavy large skillet heat** the remaining sugar over medium-low heat without stirring till it just begins to melt. Heat and stir 6 to 8 minutes more or till golden, stirring constantly. Remove from heat; slowly stir in cream. Heat and stir about 5 minutes or till sugar dissolves. Add honey and kirsch. Stir in the nuts. Remove from heat; cool 5 minutes. Spread the nut mixture over the crust.

● **Using a fluted pastry wheel** or a knife, trim rectangle of dough then cut into seven ½-inch-wide strips. Halve one strip; place a half strip at one edge of torte. Place the remaining half strip on the opposite edge. Criss-cross remaining strips on top of torte. Combine egg yolk and milk; brush the mixture over crust. Bake in a 350° oven about 40 minutes or till crust is golden. Cool 1 hour. Serve torte warm or chilled. Makes 16 servings.

Nutrition information per serving: 427 cal., 6 g pro., 42 g carbo., 27 g fat, 55 mg chol., and 102 mg sodium. U.S. RDA: 12% vit. A, 15% thiamine, and 11% phosphorus.

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CHOCOLATE-COVERED CHERRY COOKIES

- 1½ cups all-purpose flour
- ½ cup unsweetened cocoa powder
- ¼ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup margarine *or* butter, softened
- 1 cup sugar
- 1 egg
- 1½ teaspoons vanilla

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- 2 10-ounce jars *small* maraschino cherries (about 48) *or* 24 large maraschino cherries, halved
- 1 6-ounce package (1 cup) semisweet chocolate pieces (*not* imitation)
- ½ cup *sweetened condensed* milk

● **In a large mixing bowl stir together** flour, cocoa powder, baking powder, soda, and salt; set aside.

● **In a large mixer bowl beat** margarine or butter with an electric mixer on medium speed for 30 seconds. Add sugar and beat on low speed of electric mixer till fluffy. Add egg and vanilla, and beat well on medium speed. Gradually add flour mixture to beaten mixture, beating on low speed till well blended.

● **Shape dough** into 1-inch balls; place balls 2 inches apart on an ungreased cookie sheet. Press down center of each ball with thumb.

● **Drain maraschino cherries,** reserving the juice. Press a small cherry or large cherry half into the center of each ball of cookie dough.

● **For frosting,** in a small heavy saucepan melt chocolate pieces and sweetened condensed milk over low heat, stirring often. Stir in *4 teaspoons* of the reserved cherry juice. Spoon about *1 teaspoon* frosting over each cherry, spreading to cover cherry. If necessary, add additional cherry juice, 1 teaspoon at a time, to thin frosting.

● **Bake in a 350° oven** about 10 minutes or till done. Remove and cool on a wire rack. Makes 48 cookies.

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Nutrition information per cookie: 83 cal., 1 g pro., 12 g carbo., 4 g fat, 7 mg chol., 53 mg sodium.

CARAMEL PECAN BROWNIES

- ⅔ cup vanilla caramels (12 caramels)
- ⅓ cup margarine *or* butter
- 2 tablespoons milk
- ¾ cup sugar
- 2 eggs
- ½ teaspoon vanilla

• • •

- ¾ cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup chopped pecans

● **In a 2-quart saucepan combine** the caramels, margarine or butter, and milk. Heat and stir over low heat just till caramels are melted. Remove the saucepan from the heat. Stir in the sugar. Add the eggs and vanilla; stir till well blended.

continued

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● **In a mixing bowl combine** flour, baking powder, and salt. Add to saucepan mixture, stirring till blended. Stir in pecans. Turn into a greased 9x9x2-inch baking pan.

● **Bake in a 350° oven** for 20 to 25 minutes or till a wooden toothpick inserted in the center comes out clean. Cool; cut into bars. Makes about 20 bars.

Nutrition information per bar: 124 cal., 2 g pro., 16 g carbo., 6 g fat, 28 mg chol., 93 mg sodium.

FROSTY STRAWBERRY SQUARES

1 cup all-purpose flour
¼ cup packed brown sugar
½ cup chopped walnuts
½ cup margarine *or* butter, melted

• • •

2 egg whites
2 cups sliced fresh strawberries *or* one 10-ounce package frozen sliced strawberries, partially thawed
1 cup granulated sugar*
2 tablespoons lemon juice
1 cup whipping cream

● **For crumb mixture, in a small bowl combine** the flour, brown sugar, chopped walnuts, and margarine or butter. Spread the crumb mixture evenly in a shallow baking pan. Bake in a 350° oven for 20 minutes, stirring occasionally. Sprinkle *two-thirds* of the crumbs in a 13x9x2-inch baking pan; set the pan aside.

● **In a large mixer bowl combine** egg whites, strawberries, granulated sugar, and lemon juice. Beat with an electric mixer on high speed about 10 minutes or till stiff peaks form (tips stand straight).

● **In a small mixer bowl beat** the whipping cream till soft peaks form. Fold the whipped cream into the strawberry mixture. Spoon mixture over crumbs in baking pan; sprinkle remaining crumbs on top. Freeze 6 hours or overnight. Let stand a few minutes before serving. Cut into squares to serve. Makes 10 to 12 servings.

***Note:** If you use frozen strawberries, be sure to decrease the sugar to just ⅔ cup.

Nutrition information per serving: 365 cal., 4 g pro., 41 g carbo., 22 g fat, 33 mg chol., 129 mg sodium, 2 g dietary fiber. U.S. RDA: 15% vit. A, 51% vit. C.

RAISIN PUFFS WITH ORANGE SAUCE

1½ cups all-purpose flour
2 teaspoons baking powder
⅓ cup shortening
⅓ cup sugar
1 beaten egg
1 teaspoon vanilla
¾ cup milk
1 cup raisins
1 recipe Orange Sauce

● **In a small bowl stir together** flour and baking powder; set aside. In a small mixer bowl beat shortening with an electric mixer on medium speed for 30 seconds. Add sugar and beat till fluffy. Add egg and vanilla, beating well on medium speed. Add flour mixture and milk alternately to beaten mixture, beating on low speed after each addition just till combined. Fold in raisins.

● **Grease** six 6-ounce custard cups; arrange cups in a shallow baking pan. Fill custard cups ⅔ full.

● **Bake** in a 350° oven for 25 to 30 minutes or till puffs test done. Cool for 10 minutes in cups. Remove from cups. Serve warm with Orange Sauce. Makes 6 servings.

Orange Sauce: In a small saucepan stir together ⅓ cup *sugar,* 2 tablespoons *cornstarch,* and ⅛ teaspoon *salt.* Add ⅓ cup *light corn syrup,* 1 to 2 teaspoons finely shredded *orange peel,* and 1 cup *orange juice.* Cook and stir this mixture till thickened and bubbly. Cook and stir 2 minutes more. Stir in 2 tablespoons *margarine* or *butter* till melted. Serve warm. Makes about 1⅔ cups sauce.

Nutrition information per serving: 515 cal., 6 g pro., 87 g carbo., 17 g fat, 48 mg chol., 232 mg sodium, 3 g dietary fiber. U.S. RDA: 21% vit. C, 19% thiamine, 13% riboflavin, 10% niacin, 14% calcium, 16% iron, 12% phosphorus.

BREADS

(Recipes pictured on page 118.)

WHOLE WHEAT-COTTAGE CHEESE ROLLS

3¾ to 4 cups whole wheat flour
2 packages active dry yeast
1½ cups cream-style cottage cheese
½ cup water
¼ cup packed brown sugar
2 tablespoons margarine *or* butter
1 teaspoon salt
2 eggs

● **In a small mixer bowl stir together** *1½ cups* of the flour and yeast. In a small saucepan heat cheese, water, sugar, margarine or butter, and salt just till warm (120° to 130°), stirring constantly to melt the margarine or butter. Add to the flour mixture; add eggs. Beat with an electric mixer on low speed for 30 seconds, scraping sides of the bowl constantly. Beat on high speed for 3 minutes more. Using a spoon, stir in as much of the remaining flour as you can.

● **Turn dough out** onto a lightly floured surface. Knead in enough of the remaining flour to make a stiff dough that is smooth and elastic (8 to 10 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover and let rise in a warm place till double (about 30 to 45 minutes).

● **Punch dough down.** Divide in half. Cover and let rest for 10 minutes. Shape dough as desired (see directions, below). Let rise till nearly double, about 20 minutes.

● **Bake in a 375° oven** for 12 to 15 minutes. Makes 24 rolls.

Shortcut Cloverleafs: Lightly grease 24 muffin cups. Divide each dough half into 12 pieces. Shape *each* piece into a ball, pulling the edges under to make a smooth top. Place one ball in each muffin cup, having smooth side up. Using scissors dipped in flour, snip top of each roll in half, then snip dough again to make 4 points.

Butterhorns: Lightly grease baking sheets. On a lightly floured surface roll each dough half into a 12-inch circle. Brush with melted *butter.* Cut each circle into 12 wedges. To shape, begin at wide end of wedge and roll toward point. Place, point down, 2 to 3 inches apart on baking sheets.

Rosettes: Lightly grease 2 baking sheets. Divide each dough half into 12 pieces. On a lightly floured surface roll each piece of dough into a 12-inch rope. Tie in a loose knot, leaving two long ends. Tuck top end of dough under roll. Bring bottom end up; tuck into center of roll. Place rolls 2 to 3 inches apart on baking sheets.

Nutrition information per roll: 100 cal., 5 g pro., 16 g carbo., 2 g fat, 24 mg chol., 165 mg sodium, 2 g dietary fiber. U.S. RDA: 11% phosphorus.

continued



5:18PM.
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continued

CORN-RYE BISCUITS

1 cup all-purpose flour
⅓ cup rye flour
¼ cup yellow cornmeal
1 tablespoon baking powder
½ teaspoon salt
½ teaspoon sugar
½ teaspoon caraway seed
¼ cup shortening
⅔ cup milk
Yellow cornmeal

● **In a large mixing bowl stir together** flours, the ¼ cup cornmeal, baking powder, salt, sugar, and caraway seed. Cut in shortening till mixture resembles coarse crumbs. Make a well in the center; add milk all at once. Stir just till dough clings together. Turn onto a lightly floured surface. (Dough should be soft.)

● **Knead dough gently** 10 to 12 strokes. Roll or pat dough to a ½-inch thickness. Cut dough with a floured 2½-inch biscuit cutter. Dip tops and bottoms of biscuits in cornmeal. Transfer to an ungreased baking sheet. Bake in a 450° oven 10 to 12 minutes or till golden. Serve warm. Makes 8 biscuits.

Nutrition information per biscuit: 153 cal., 3 g pro., 20 g carbo., 7 g fat, 2 mg chol., and 256 mg sodium. U.S. RDA: 10% calcium.

APPLE SWIRL BREAD

3¾ to 4¼ cups all-purpose flour
1 package 1-layer-size white cake mix
1 package active dry yeast
1¼ cups warm water (120° to 130°)
½ teaspoon salt
1 egg
2½ cups finely chopped and peeled apple
⅓ cup sugar
⅓ cup finely chopped pecans
2 teaspoons ground cinnamon
3 tablespoons margarine *or* butter, melted

● **In large mixer bowl stir together** *1½ cups* of the flour, cake mix, and yeast. Combine warm water and salt; add to flour mixture. Add egg. Beat with an electric mixer on low speed for 30 seconds. Beat at high speed for 3 minutes. Using a spoon, stir in as much of the remaining flour as you can.

● **Turn dough out** onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover and let rise in a warm place till double (about 1¼ hours).

● **Punch dough down;** divide in half. Cover and let rest for 10 minutes. Meanwhile, in a medium mixing bowl stir together the chopped apple, sugar, pecans, and cinnamon. Roll *half* of the dough into a 12x8-inch rectangle. Brush surface with *some* of the margarine or butter. Sprinkle with *half* of the apple mixture.

● **Roll up jelly-roll style,** beginning with one of the narrow ends; seal edge

continued

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continued

and ends. Place in a greased 8x4x2-inch loaf pan. Brush top with remaining margarine. Repeat with remaining dough, filling, and margarine to make a second loaf.

- **Cover; let rise** in warm place till nearly double (about 1 hour).
- **Bake in a 375° oven** about 35 minutes or till top is golden. Remove from pans immediately; cool on a wire rack. Makes 2 loaves (36 slices).

Nutrition information per slice: 139 cal., 2 g pro., 25 g carbo., 4 g fat, 8 mg chol., 137 mg sodium.

MOLASSES CORN BREAD

1½ cups whole bran cereal
1 cup all-purpose flour
½ cup yellow cornmeal
1 tablespoon baking powder
¼ teaspoon salt
⅓ cup shortening
½ cup sugar
2 eggs
1 cup milk
⅓ cup molasses

- **In a small mixing bowl stir together** bran cereal, flour, cornmeal, baking powder, and salt; set aside.
- **In small mixer bowl beat** shortening with an electric mixer on medium speed for 30 seconds. Add the sugar and beat till fluffy. Add the eggs, one at a time, beating well on medium speed after each addition. Stir in the milk and the molasses. Add flour mixture to beaten mixture, stirring just till combined. Turn batter into a greased 9x9x2-inch baking pan. Bake in a 375° oven about 30 minutes or till top is golden. Cut into squares to serve. Serve warm. Makes 8 servings.

Nutrition information per serving: 302 cal., 6 g pro., 48 g carbo., 11 g fat, 71 mg chol., 337 mg sodium. U.S. RDA: 13% vit. A, 19% thiamine, 19% riboflavin, 15% niacin, 17% calcium, 20% iron, 21% phosphorus.

RASPBERRY-CREAM-CHEESE COFFEE CAKE

1 3-ounce package cream cheese
¼ cup margarine *or* butter
2 cups packaged biscuit mix
¼ cup milk
½ cup raspberry preserves
1 cup sifted powdered sugar
1 to 2 tablespoons milk
½ teaspoon vanilla

● **In a medium mixing bowl cut** the cream cheese and the margarine or butter into the biscuit mix till crumbly. Stir in the ¼ cup milk. Turn onto a lightly floured surface; knead 8 to 10 strokes.

● **On waxed paper, roll dough** to a 12x8-inch rectangle. Invert onto a greased baking sheet; remove paper. Spread preserves down center of dough. Make 2½-inch-long cuts at 1-inch intervals on long sides. Fold strips over the filling.

● **Bake coffee cake** in a 375° oven about 20 minutes or till golden brown. Let coffee cake cool 5 minutes before frosting.

● **In a small mixing bowl stir together** sugar, the 1 to 2 tablespoons milk, and vanilla; drizzle over slightly cooled coffee cake. Serve warm. Makes 8 to 10 servings.

Nutrition information per serving: 317 cal., 4 g pro., 47 g carbo., 13 g fat, 12 mg chol., 486 mg sodium. U.S. RDA: 10% thiamine, 10% phosphorus.

RASPBERRY BRAN MUFFINS

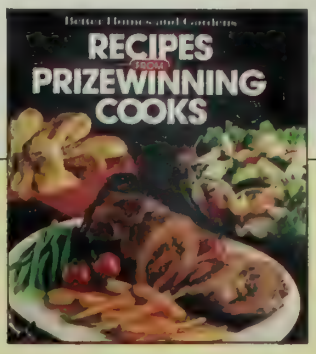
1 cup fresh *or* frozen raspberries
1 cup all-purpose flour
1 cup unprocessed wheat bran
¼ cup sugar
3 teaspoons baking powder
¼ teaspoon salt
1 beaten egg
1 cup milk
¼ cup cooking oil

● **Partially thaw frozen raspberries.** *Do not* completely thaw. In bowl stir together flour, bran, sugar, baking powder, and salt. Make a well in center.

● **In a small bowl combine** egg, milk, and oil; add all at once to flour mixture. Stir just till moistened. Fold in raspberries. Grease *bottoms* of muffin cups or line with paper bake cups. Fill ⅔ full.

● **Bake in 400° oven** about 20 minutes or till done. Remove from pan. Cool slightly on wire racks. Makes 12.

Nutrition information per muffin: 128 cal., 3 g pro., 18 g carbo., 6 g fat, 24 mg chol., 136 mg sodium, 2 g dietary fiber. U.S. RDA: 11% phosphorus.



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Autumn Vegetable Sauté

(4 to 6 Servings)



3 tbsps. ~~margarine~~ *Butter Flavor Crisco*
1 medium onion, thinly sliced and separated into rings
1 clove garlic, minced
1 lb. zucchini (about 4 small), cut into 2½x½-in. strips
1 cup sliced fresh mushrooms
10 cherry tomatoes, cut in half lengthwise
½ tsp. salt
¼ tsp. dried oregano leaves
⅛ tsp. pepper

Melt Butter Flavor Crisco in large skillet. Add onion and garlic. Cook and stir on medium heat until onion is tender. Add zucchini and mushrooms. Cook for 10 to 12 minutes, stirring occasionally. Add tomatoes, salt, oregano and pepper. Cook for 2 to 3 minutes, or until zucchini is tender. Sprinkle with Parmesan cheese before serving, if desired. Makes 4 to 6 servings.



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See Page 157 For Details

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES

Microwave Main Dishes

File under Main Dishes
September 1987



$100 WINNER *Dwayne A. Hagan, Wichita, Kans.*

Zesty Italian Chicken

Remember this delicious microwave-fast recipe for a no-fuss special-occasion dinner. Just add a salad and your meal is complete—

- 2 tablespoons margarine *or* butter
- ½ teaspoon dried sage, crushed
- 3 whole medium chicken breasts, (about 2¼ pounds total) skinned, boned, and halved lengthwise
- 1 green pepper, cut into thin strips
- ⅓ cup sliced fresh mushrooms
- 1 15-ounce can tomato sauce
- 1½ teaspoons dried oregano, crushed
- ½ teaspoon garlic powder
- ½ teaspoon lemon pepper
- 6 thin slices Swiss cheese
- 6 thin slices ham
- Hot cooked rice *or* spaghetti

In a 12x7½x2-inch microwave-safe baking dish combine margarine or butter and sage. Micro-cook, uncovered, on 100% power (high) for 30 to 60 seconds. Rinse chicken; pat dry. Add to dish, turning once to coat. Add green pepper and mushrooms. Cook, covered with vented microwave-safe plastic wrap, on high for 8 to 10 minutes or till chicken is tender and no longer pink, turning chicken over and rearranging once. Remove chicken and vegetables from dish with a slotted spoon. Stir tomato sauce, oregano, garlic powder, and lemon pepper into drippings in dish. Cook, covered, on high for 3 to 4 minutes or till hot and bubbly. Meanwhile, wrap chicken with a cheese slice, then a ham slice. Place in dish atop sauce. Top with vegetables. Cook, covered, on high for 3 to 5 minutes or till heated through, giving dish a half-turn once. Serve with rice or spaghetti. Makes 6 servings.

Nutrition information per serving: 466 cal., 44 g pro., 34 g carbo., 17 g fat, 113

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES

Brown-Bag Sandwiches

File under Breads
September 1987



$100 WINNER *Sara Reif, Sacramento, Calif.*

Roast Beef and Radish Sandwiches

Combining radishes and roast beef creates a zippy sandwich—

- ½ of an 8-ounce container soft-style cream cheese (½ cup)
- 1 tablespoon dairy sour cream, mayonnaise, *or* salad dressing
- 1 tablespoon salsa (optional)
- 1 cup coarsely chopped radishes
- ¼ cup chopped green onions
- 1 16-ounce loaf unsliced French bread *or* 4 French-style rolls
- ½ pound thinly sliced cooked beef
- 1 cup alfalfa sprouts
- 1 large tomato, sliced

Combine cream cheese, sour cream, and salsa till smooth. Stir in radishes and green onions. Halve bread or rolls lengthwise. Scoop out bottom half, leaving a ½-inch shell. Spread radish mixture over bottom half of loaf. Add beef and alfalfa sprouts. Replace bread top. Cut large loaf crosswise into 4 sandwiches. Wrap each sandwich in plastic wrap. Wrap tomato separately. Chill sandwiches and tomato overnight. Pack in a lunch bag with an ice pack. Serve within 5 hours. At lunchtime, add tomato to sandwich. Makes 4 servings.

Nutrition information per sandwich: 534 cal., 31 g pro., 68 g carbo., 14 g fat, 73 mg chol., 871 mg sodium, 4 g dietary fiber. U.S. RDA: 12% vit. A, 23% vit. C, 36% thiamine, 30% riboflavin, 35% niacin, 32% iron, 31% phosphorus.



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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

Brown-Bag Sandwiches

File under Breads
September 1987



$50 WINNER *Nancy Colasanti Cersonsky, Long Beach, Calif.*

Chinese Chicken Sandwich

You'll look forward to lunch knowing this lightly seasoned, oriental-style sandwich is in your lunch bag—

- 2 Bibb *or* Boston lettuce leaves
- 1 large whole wheat pita bread round, halved crosswise
- ½ cup chopped cooked chicken
- ¼ cup fresh bean sprouts, chopped
- 2 tablespoons mayonnaise *or* salad dressing
- 1 green onion, thinly sliced
- 1 teaspoon sesame seed, toasted
- 1 teaspoon soy sauce
- Dash ground ginger
- Dash garlic powder

Place *one* lettuce leaf inside each pita half. In a small bowl stir together remaining ingredients. Fill pita halves with mixture. Wrap in plastic wrap and chill. Pack in a lunch bag with an ice pack. Serve within 5 hours. Makes 1 serving.

Nutrition information per serving: 628 cal., 33 g pro., 55 g carbo., 31 g fat, 79 mg chol., 569 mg sodium, 3 g dietary fiber. U.S. RDA: 11% vit. C, 26% thiamine, 15% riboflavin, 41% niacin, 10% calcium, 22% iron, 24% phosphorus.

Buying information, page 159.

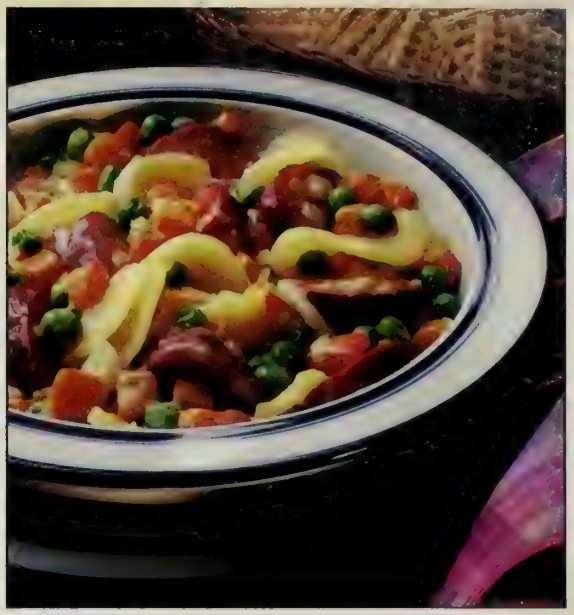
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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

Microwave Main Dishes

File under Main Dishes
September 1987



$50 WINNER *Janice Tatter, Hoover, Ala.*

Sausage-Vegetable Casserole

Convenient! A hearty one-dish dinner that takes advantage of a packaged scalloped potato mix, sausage, and frozen vegetables—

- 2½ cups water
- ⅔ cup milk
- 1 5½-ounce package dry scalloped potato mix
- 1 pound fully cooked smoked sausage *or* polish sausage, cut into ½-inch slices
- 1 16-ounce package frozen peas and carrots
- 1 small onion, finely chopped (¼ cup)

In a 3-quart microwave-safe casserole stir together water, milk, and sauce packet from potato mix. Add potato slices, sausage, peas and carrots, and onion. Micro-cook, covered, on 100% power (high) for 32 to 34 minutes or till mixture is heated through and slightly thickened, stirring every 5 minutes. Makes 4 to 6 main-dish servings.

Nutrition information per serving: 589 cal., 25 g pro., 47 g carbo., 34 g fat, 82 mg chol., 1,666 mg sodium, 6 g dietary fiber. U.S. RDA: 217% vit. A, 28% vit. C, 56% thiamine, 22% riboflavin, 36% niacin, 19% calcium, 20% iron, 32% phosphorus.

Photographs: Scott Little


IT'S SO EASY TO BE FRESH.
Pina Colada Wedges
1 package (8 oz.) cream cheese, softened
⅓ cup sugar
2 tablespoons rum or ½ teaspoon rum extract
3½ cups thawed COOL WHIP® Whipped Topping
1 can (8¼ oz.) crushed pineapple in syrup
2⅔ cups (7 oz.) BAKER'S® ANGEL FLAKE® Coconut
▼Beat cream cheese with sugar and rum until smooth. Fold in 2 cups of the whipped topping, pineapple with syrup and 2 cups of the coconut, spread in 8-inch layer pan lined with plastic wrap.
▼Invert pan onto serving plate; remove pan and plastic wrap. Spread with remaining whipped topping and sprinkle with remaining coconut.
▼Freeze until firm, about 2 hours. Cut into wedges. Garnish with pineapples and cherries, if desired.
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FOR YOUR RECIPES

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

ANNIVERSARY SPECIAL

We're celebrating the 50th anniversary of the Prize Tested Recipe contest! That's why winners in this month's brownie and brunch categories will also receive a copy of our new book, Recipes from Prize-winning Cooks. This is a one-time award, so send your recipes—soon!

10 CHANCES TO WIN EACH MONTH

Two $100 Winners
Two $50 Runners-Up
Six $25 Honor Roll Winners

Attention, home cooks! Your recipe could be a winner just like those on *pages 110–118.* Each month we give away $450 to 10 cooks who share recipes on the Prize Tested Recipe pages. Look for our monthly "Win Money" column; we ask you to send us original recipes in two categories. Seven months later, we publish the winners.

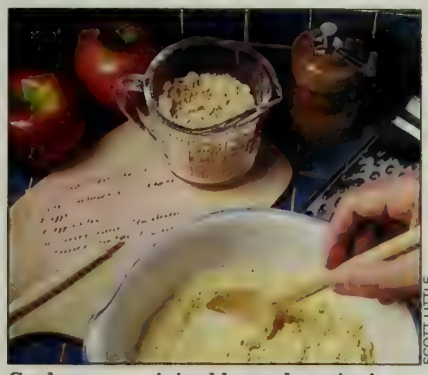
THIS MONTH'S CATEGORIES

Best-Ever Brownies
Brunch Main Dishes

What new flavors do you pack into the always-popular brownie? What intriguing entrée do you prepare for brunch? Send us your recipes—you could be a winner. Two cooks of the month receive $100 each, two others receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages next April. Winners receive a certificate and six copies of their recipe.

HINTS TO HELP YOU

Best-Ever Brownies: Your creative brownie recipe can start with a scratch brownie recipe or boxed or refrigerated mixes. **Hints: almond swirl bars, brickle brownie squares, white chocolate brownie.**



SCOTT LITTLE

Cook up an original brunch recipe!

Brunch Main Dishes: Does your mouth-watering entrée start with eggs or breakfast meats? Do you rely on a make-the-night-before or quick-to-fix recipe? Do you use the microwave for fast brunch-hour cooking? **Tips: apple-sausage cornbread bake, ricotta eggplant roll-ups, Canadian bacon-hash-brown strata.**

WINNERS IN THIS ISSUE

$100 Winners
Dwayne A. Hagan, Wichita, Kans.
Sara Reif, Sacramento, Calif.
$50 Winners
Nancy Colasanti Cersonsky, Long Beach, Calif.
Janice Tatter, Hoover, Ala.
Honor Roll Winners
Francie Hilkemeyer, Tucson, Ariz.; Mrs. Barbara Keenan, Ft. Morgan, Colo.; Hyacinth Rizzo, Snyder, N.Y.; Peggy Schenk, Chester, Conn.; Kayleen Sloboden, Puyallup, Wash.; Sally Vog, Springfield, Oreg.

CONTEST RULES

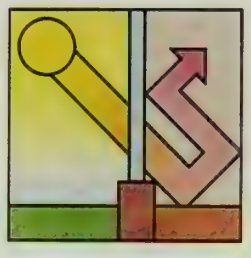
1. Clearly type or print your name, address, and recipe marked "April Best-Ever Brownies" or "April Brunch Main Dishes." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, September 30, 1987. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8804 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation. BH&G

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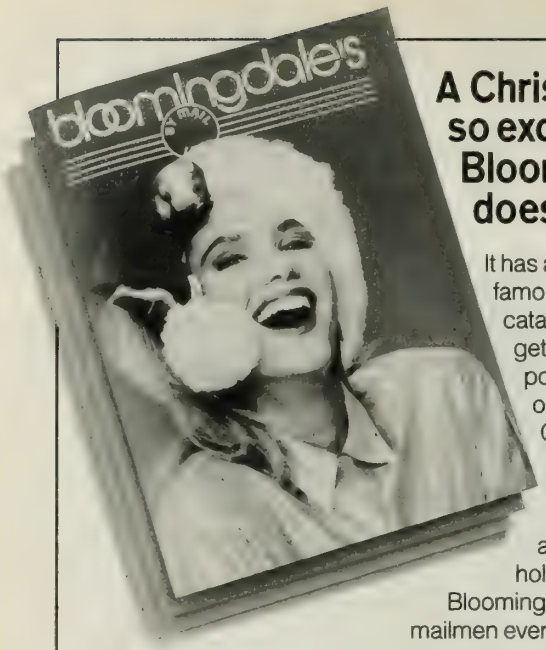
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DECORATING WITH SHEETS

continued from page 97



SCOTT LITTLE

VIDEO TAPE AVAILABLE

You can buy this video tape about the ease of decorating with sheets. The tape shows not only the rooms we featured in this story, but also other areas of the same house, all given design pizzazz with sheets. Project how-to instructions are included. To obtain the tape: send $9.95 to Lady Pepperell, Step-by-Step Decorating Video, WestPoint Pepperell, 1221 Ave. of Americas, New York, NY 10020.

DINING ROOM

Chair Seat Covers

Materials: Staple gun and staples, 1 twin-size sheet (yields 6 covers)

- Cut fabric, using chair seat as pattern, adding 4 in. on all sides.
- Place chair seat facedown on wrong side of fabric.
- Staple the fabric to the underside of the chair seat.

Table Mats

Materials: Quilt batting, 1 full-size sheet (yields 6 mats)

- Measure circumference of table.
- Divide by the number of mats you want. Each mat should be about 20 in. across the bottom.
- Make a paper pattern using the curve of the table edge as a guide for the bottom of the mat.
- Draw a triangle for mat, using ⅓ of table diameter for height of triangle.
- Add ½ in. to all edges of pattern.
- Cut 2 pieces of fabric and 1 piece of batting for each mat.
- Place 2 fabric pieces, right sides together, and 1 batting piece on top.
- Stitch seam around mat, leaving 8-in. opening along 1 side.
- Trim batting close to stitching, clip corners; turn to right side through opening and press, turning in raw edges of opening.
- Topstitch ¼ in. from edge, catching in edges of opening.

MASTER BEDROOM

Dressing Table Skirt

- Measure length (A), width (B), and height (C) of table. For top, add 1 in. to length and 1 in. to width. Cut 1 piece of fabric to this dimension. For skirt length, add 3½ in. to table height. For skirt width, add 16 in. to (A) and 16 in. to (B). Cut 2 pieces for skirt front and back and 2 pieces for skirt sides: Front back: (A) plus 16 in. by (C) plus 3½ in. Sides: (B) plus 16 in. by (C) plus 3½ in.
- Place skirt sides on skirt front and stitch seams.
- Place skirt back on skirt sides and stitch seams.
- Press seams open.
- Turn up a 3-in. hem in skirt.
- Clip ⅜ in. into top edge of skirt at each seam.
- For pleats, measure 8 in. to the left and right of each seam. Mark these points at top edge of skirt.
- Using seams as center of each pleat, fold fabric on marks and bring to seam, keeping raw edges even. Repeat for remaining corners.
- Baste across top of pleats.
- Stitch skirt to top, positioning corners of top at seams of skirt.
- Press seam toward top.

LIVING ROOM

Wrap-and-Tie Pillow

Materials: 16×16-in. pillow form; 36-in. square of fabric

- Place pillow form catercorner in center of wrong side of fabric.
- Bring together the 2 opposite corners of the fabric and tie in a double knot, pulling the fabric taut.
- Repeat for remaining 2 corners.
- Tuck in the ends of the ties and the raw edges of the fabric.

Folding Screen

Materials: Artists' prenotched stretcher strips (2 strips each of 14 in. and 84 in. per panel); fabric cut 6 in. longer and wider than panel dimensions (2 twin-size sheets required); polyester quilt batting cut 4 in. longer and wider than screen panel dimensions; staple gun and 5/16 in. staples; two-way screen hinges, 3 hinges for each 2 panels

- Assemble the stretcher strips. Staple the corners.
- Place frame on batting.
- Wrap loosely to back of frame and staple at 8-in. intervals. Trim the excess from the corners.
- Place batting-covered frames, batting side down, on wrong side of fabric.
- Wrap fabric to back of frame over batting. Staple at 1-in. intervals, beginning at center of 1 long side, working toward corners. Repeat on remaining long side, pulling fabric taut.
- Staple the short sides, ending 4 in. from the corners.
- To finish corners, staple 2 folds as in "hospital bed corners."
- Hinge the panels with 1 hinge in the center; others should be 8 in. from the top and the bottom.



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QUICK CUISINE NOT FAST FOOD

PASTA PROVOLONE

8 oz. linguini
1 1/2 cups grated Monterey Jack
1 cup grated provolone
1/4 cup whipping cream
1 cup California Ripe Olives, cut into wedges
1/2 cup chopped tomato
1/4 cup chopped fresh basil **or** 2 tablespoons dry basil
1/4 cup pine nuts (optional)

Cook pasta in boiling water for 10 to 12 minutes or as package directs. Drain pasta; return to pan. Add cheeses and cream to pasta and heat, stirring, to melt cheese. Stir in olives, tomato, basil and pine nuts; heat through. Serve immediately. Makes 4 servings.

Cooking time: 30 minutes Total preparation time: 30 minutes



With today's busy lifestyles few people can spend hours in the kitchen. The PASTA PROVOLONE and CHICKEN PUFFS shown above are only two of 23 new quick and easy recipes available in our recipe booklet. We even list the time required for preparation and cooking to make your choices easier. Write today for your **FREE** copy of "***Quick and Easy Meals with California Ripe Olives.***"

California Olive Industry

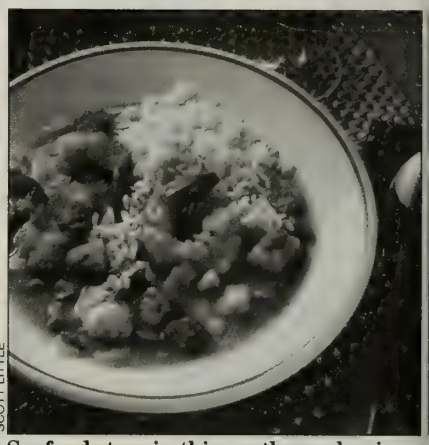
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LOUISIANA GUMBO

THE REAL STUFF!



SCOTT LITTLE

Seafood stars in this southern classic.

What makes a real gumbo—okra or filé powder? No two cooks agree, but one thing is certain: Gumbo is a delicious seafood, meat, sausage, or poultry stew that's thickened with a roux, plus okra or filé powder, and served with rice.

SEAFOOD GUMBO

- **1 pound frozen shelled shrimp**
- **1 6-ounce package frozen crabmeat**
- **½ cup all-purpose flour**
- **½ cup cooking oil**
- **2 cups chopped onion**
- **1 cup chopped green pepper**
- **5 *or* 6 cloves garlic, minced**
- **1 10-ounce package frozen cut okra, thawed**
- **¼ teaspoon ground red pepper**
- **1 bay leaf**

Thaw seafood; devein shrimp. In a heavy 4-quart Dutch oven combine flour and oil. Cook over medium heat, *stirring often,* 35 minutes or till a dark reddish-brown roux is formed. Add next 3 ingredients; cook and stir over medium heat 10 minutes or till vegetables are tender. Stir in 6 cups *hot water.* Stir in okra, red pepper, bay leaf, 1 teaspoon *salt,* and ¼ teaspoon *pepper.* Bring to boiling; reduce heat. Cover; simmer 1 hour. Add seafood; simmer, uncovered, 5 minutes or till shrimp turn pink. Remove bay leaf. Serve with *hot cooked rice.* Makes 6 servings. BH&G

THE IMPORTANCE OF POTASSIUM

Potassium—it's worth its weight in gold! This vital mineral plays an important role in keeping your entire body in the prime of health. Read on to learn why you need potassium, as well as which foods are a good source of the mineral.

WHY YOU NEED IT

1. Potassium plays a critical part in letting the muscles in your body contract and expand—the most important of these muscles being your heart.

2. Potassium is responsible for helping your body's nervous system function properly.

3. Potassium works in combination with sodium to regulate and maintain the correct balance of fluids throughout your body.

Typically, most healthy people don't seem to have problems with potassium deficiency. However, your doctor might be alerted to begin watching your potassium level if:

- You've had severe diarrhea or vomiting for a prolonged period (approximately 48 hours or more).
- You are taking a diuretic (that is a drug that doctors commonly use to control high blood pressure).

WHERE YOU GET IT

Fortunately, potassium is so readily available in the foods we eat that most people never experience potassium deficiency and its common accompanying symptoms of muscular weakness and mental confusion.

Potassium is prevalent in meat, poultry, and milk. In addition, fruits are high in this necessary mineral, with dried apricots, raisins, bananas, and orange juice being among the richest sources of potassium. Furthermore, vegetables are a good source of the mineral. Artichokes, mushrooms, broccoli, potatoes, tomatoes, and snap beans boast the top potassium contents in this category. Even commercially produced salt substitutes (which are usually made of potassium chloride) can be a valuable and convenient source of this vital mineral.



Impressive ways to enjoy California Ripe Olives...

Guests will be impressed with these ideas using quality ripe olives from California.

1 Wrap bacon around pitted California ripe olives stuffed with water chestnut or pimiento. Broil

2 Stuff pitted California ripe olives with an almond. Roll in egg white, then grated Parmesan cheese.

3 Pipe a mixture of ricotta cheese and pesto sauce into pitted California ripe olives.

4 Roll pitted California ripe olives in a mixture of chopped fresh herbs and nuts.



For these and other ideas we'd like to send you "ENTERTAINING IMPRESSIONS" - a collection of delicious appetizers, finger foods and party ideas using California ripe olives.

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TRAVEL WEST

SAIL OFF ON A CRUISE FOR TWO

Want the relaxation and luxury of a cruise but you can't spare the time or the cash? Try one of these short sojourns on the water.

Choose Your Cruise

Nothing beats a cruise for the feeling of getting away—even if it's just for a day or two. Many cruise lines offer sailings that are shorter than the traditional seven days. Often, these cruises began as ways to fill time between longer excursions, but they soon became popular with folks who wanted a brief, lowcost holiday. See a travel agent about these and other short cruises.

TRAVEL PLANNING

See this page for a listing of free travel information and literature you can order.

California Cruising

Three nights along the Sacramento and San Joaquin Rivers, from $299 per person.

Exploration Cruise Line's California Delta Cruise starts at the Pacific Ocean and sails under the Golden Gate Bridge *inland.* Both vessels making the voyage—the 60-passenger *Glacier Bay Explorer* and the 80-passenger *Pacific Northwest Explorer*—are mini-cruisers. They may not offer all the activities of the larger liners, but they're every bit as comfortable, though a bit more casual. The route, past Stockton through to the state capital at Sacramento and back, is one that used to be plied regularly by stern-wheelers during the California gold rush. Historical detail is stressed, and shore excursions are a major part of the itinerary. **CONTACT:** ***Exploration Cruise Lines, 1500 Metropolitan Park Bldg., Olive Way at Boren Ave., Dept. BHG, Seattle, WA 98101 (206/624-8551).***

Meandering to Mexico

Three nights from Los Angeles to Ensenada and back, from $295 per person.

If it's luxury you want, you'll surely find it aboard the 700-plus-passenger *Azure Seas.* Specializing in lavish food and entertainment, the ship offers nearly any activity you can think of. You'll also have a whole day to explore Ensenada. You can shop and go dancing in town, or horseback ride on the beautiful Baja beaches. This is billed as a "fun cruise," so be ready for round-the-clock activity. **CONTACT:** ***Admiral Cruises Inc., 1220 Biscayne Blvd., Box 010882, Dept. BHG, Miami, FL 33101 (305/373-7501).***

North to Alaska

Three days from Vancouver, B.C., to Juneau, from $540 per person.

Cruising is a great way to see America's northland. And Holland America's thousand-passenger ships—the *Nieuw Amsterdam,* the *Noordam,* and the *Rotterdam* are as majestic as the land they cruise by from May through September. Don't forget your camera or your binoculars. But if you can bear to take your eyes away from the view, you'll find plenty of on-board activities to keep you busy. **CONTACT:** ***Holland America Westours Inc., 300 Elliott Ave. W., Dept. BHG, Seattle, WA 98119 (206/281-3535).*** BH&G

T R A V E L

TRAVEL PLANNING GUIDE

The *Better Homes and Gardens* travel advertisers listed below will provide you with free information about their facilities and services. Circle the numbers for the materials you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers. When using an advertiser's facility or service, please mention literature received through this *BH&G* service. Coupon expires one year after the month of this issue.

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6. **Kiawah Island Resort**—Near Historic Charleston. Color Vacation Guide. 1-800-845-3911.
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Soufflés. You'll be surprised at how simple a glorious soufflé can be. Just follow these steps when you prepare Blue Cheese and Broccoli Soufflé and you'll have sure success.

BLUE CHEESE AND BROCCOLI SOUFFLÉ

You can create your own soufflé using the same basic ingredients: Substitute up to 1½ cups of your favorite ingredients for the blue cheese and broccoli and experiment with different seasoning combinations—

4 egg yolks
¼ cup margarine *or* butter
¼ cup all-purpose flour
⅛ teaspoon salt
Dash ground red pepper
Dash ground dry mustard
1 cup milk
1 cup finely chopped, cooked broccoli flowerets, drained
½ cup crumbled blue cheese *or* finely shredded cheddar cheese (2 ounces)
4 egg whites
½ teaspoon cream of tartar

Attach a foil collar to a 1½-quart soufflé dish. (For collar, measure enough foil to go around the dish plus a 2- to 3-inch overlap. Fold foil into thirds lengthwise. Lightly butter one side of foil. With the buttered side in, position foil around soufflé dish, letting collar extend 2 inches above top of dish; fasten foil with masking tape; set aside.)

Lightly beat the egg yolks with a fork; set aside. In a medium saucepan melt the margarine or butter over medium-high heat. Stir in flour, salt, red pepper, and mustard. Stir in the milk.

SOUFFLÉ TIPS

- Beating the egg whites till stiff peaks form (tips stand straight) is the number-one secret. Egg whites beaten to perfection will not slip and slide when you tilt the bowl.
- Add a little cream of tartar to stabilize the egg whites.
- Preheat the oven. And don't open the oven door to peek during the first 20 to 25 minutes of baking. A cool draft can deflate a soufflé.
- When your soufflé is done, rush it to the table, where your guests are waiting in eager anticipation.
- To serve, use two forks held back to back to gently break the top crust into serving-size portions. Then, use a large spoon to serve. Include some of the crust with each serving.

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ouse tonight.



SCOTT LITTLE

Blue Cheese and Broccoli Soufflé: A sophisticated main dish.

Cook and stir till thickened and bubbly. Cook and stir for 1 to 2 minutes more. Remove from heat.

Add the cooked broccoli and blue or cheddar cheese to the the milk mixture, stirring until the cheese is melted. Slowly add the broccoli mixture to the egg yolks, stirring constantly. Cool mixture slightly.

In a large mixer bowl beat the egg whites and cream of tartar with an electric mixer on high speed till stiff peaks form (tips stand straight). Gradually pour the yolk mixture over the beaten egg whites, folding to combine. Pour the egg mixture into the *ungreased* soufflé dish.

Bake in a 350° oven for 35 to 40 minutes or till the soufflé jiggles when gently shaken. Test soufflé for doneness while still in the oven. Serves 4.

Nutrition information per serving: 303 cal., 13 g pro., 12 g carbo., 23 g fat, 288 mg chol., and 495 mg sodium. U.S. RDA: 31% vit. A, 29% vit. C, 10% thiamine, 26% riboflavin, 23% calcium, 10% iron, and 23% phosphorus.

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REMODELING

LATH ACCENTS FOR YOUR HOME

Looking for an inexpensive way to add interest and dimension to a small room? The answer may be as close as your local lumberyard. You can pick up a bundle of lath (50 pieces) for $5 or $10, and spruce up any room fast.



Plain lath can work wonders.

NEW USE FOR OLD STANDBY

Regular lath, stained to look bleached, livens up a plain room with a striking accent. It makes the narrow space look wider and provides an effective backdrop for art.

Parallel lengths of lath create a 3-foot-wide swath that climbs a wall and stretches across the ceiling. The same material covers the plinth plant stand in the corner.

You can complete a project like this in an afternoon or two. Using 1-inch panel nails, attach the vertical strips first. Then, use No. 8 finish nails to attach lath horizontally at top and bottom (nailed into the studs) to hold the verticals securely in place.

To achieve the bleached look, dilute white, water-based paint with water to the consistency of a thin paste. Use a coarse-bristle brush to apply the stain to scrap pieces, experimenting until you achieve a pleasing effect.

The plinth consists of a particleboard box surfaced with lath and treated to match the ceiling and wall. BH&G

Design: Berry Crowe and Jim Smith
Photograph: Kim Brun. Field editor: Sharon Haven



DECORATING

SPACE-EXPANDING LIGHTING

Give a small room a big look with lighting.

Affordable and versatile, lights are an easy way to make small spaces appear larger.

The best way to expand a room with light is by highlighting walls and ceilings or illuminating dark corners. Here are ways to do both:

- Use downlights (recessed or surface-mounted on the ceiling) to light up an entire wall or simply to highlight a particular corner.
- Install fluorescent cornice lights for a continuous spread of light. These units can be installed over draperies or directly on the wall.
- Plug in some uplights to brighten corners. Canisters that stand on the floor can be used to spotlight plants or sculptures tucked into nooks and crannies. BH&G

A broiling pan has to really clean up to earn the name Revere.



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REFRESHING NEW BEVERAGES

THE LOWDOWN ON LIGHT LIBATIONS

■ **Here's a quick rundown on some of the hottest, trendiest thirst-quenchers around.**

COOLERS

For coolers, manufacturers marry an alcoholic beverage, fruit juices, and/or flavors with a touch of carbonation. Most coolers are wine or spirit based.

Coolers aren't as low-calorie and low-alcohol as you might think. Typical alcohol contents range from 4 to 9 percent. Moreover, most coolers contain sugar—either added or from that occurring in a citrus juice concentrate. When you sip a 12-ounce wine cooler, you'll down an average of 200 calories.

FLAVORED WATERS

Bottled carbonated water *plus* a natural or artificial flavoring essence (such as lemon) *equals* flavored water. Most have no calories, sugar, or caffeine!

NATURAL SODAS

All ingredients in these sodas are supposed to be natural: basically natural flavors or fruit juices, carbonated water, and, often, natural colors. Of course, there's always debate about what's natural.

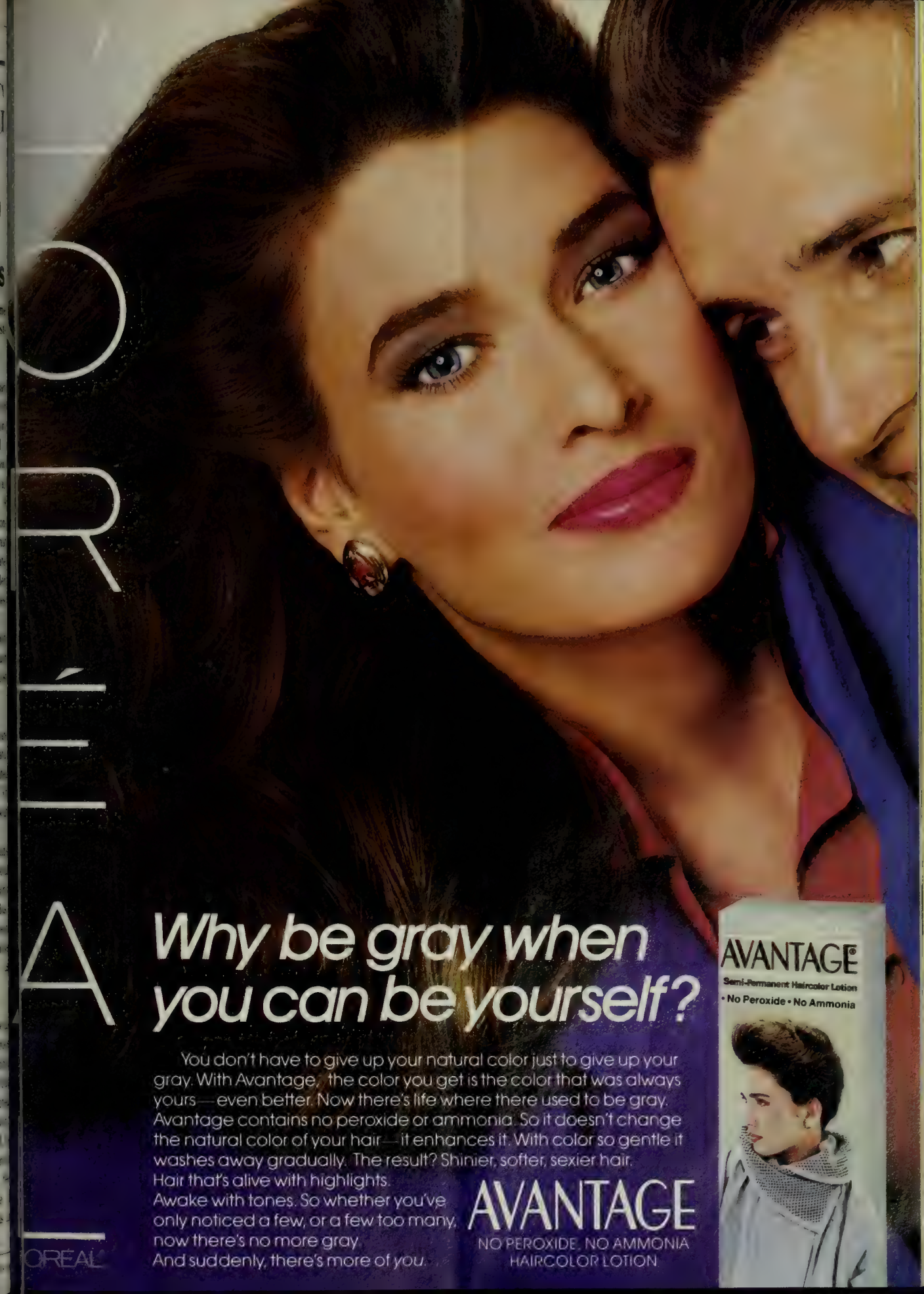
Manufacturers do agree on what's *not* natural: artificial flavors, artificial colors, and preservatives. You won't catch those ingredients in these sodas.

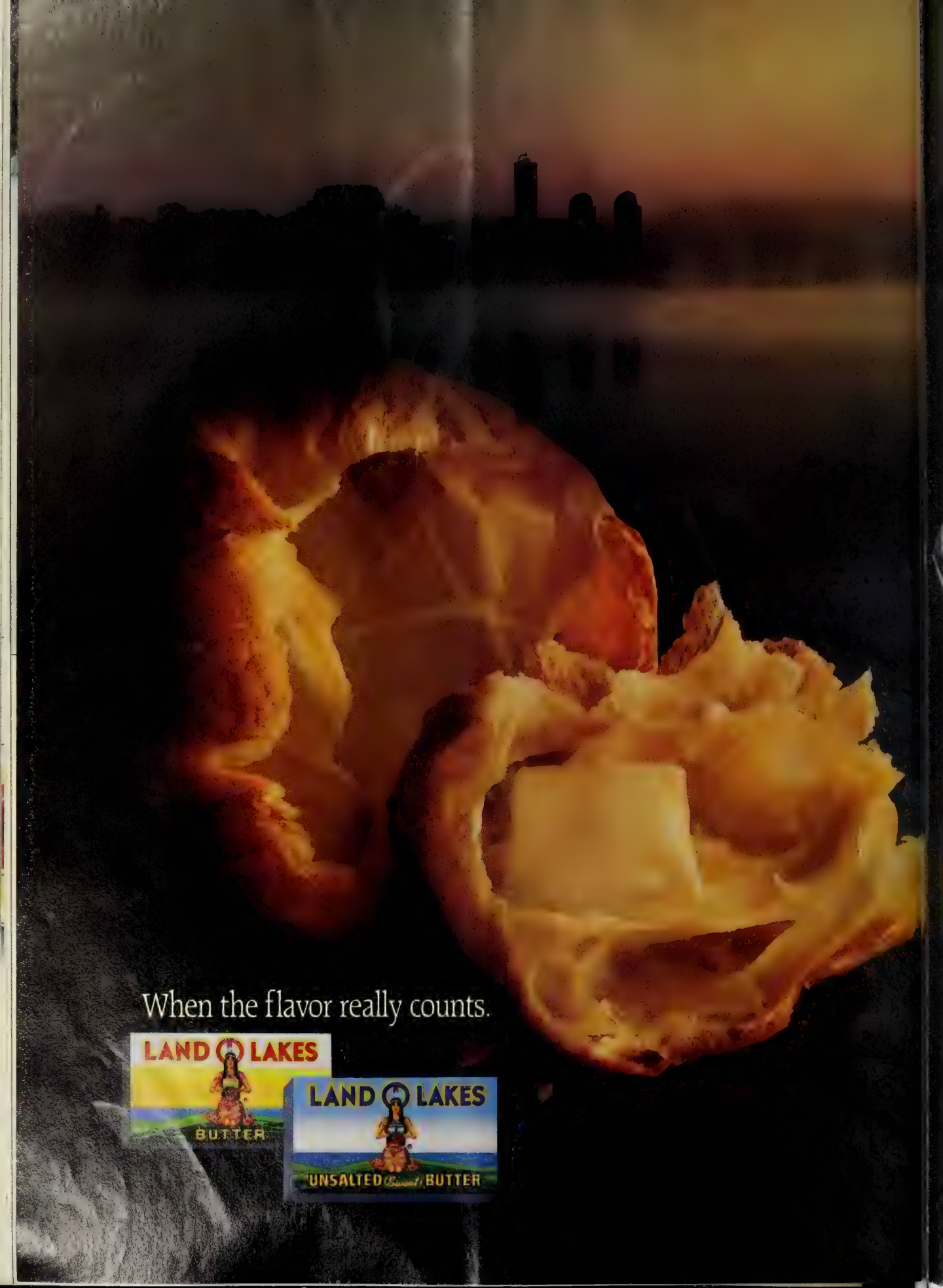
Unfortunately, natural doesn't mean no calories. Most natural sodas have sweetener added, so some have as many calories as other sodas.

NO-ALCOHOL BEERS

You might think these brews are alcohol free. But, they do contain a trace (less than 0.5 percent) of alcohol. They're brewed like regular beer, but, as the last step, the alcohol is extracted.

Technicalities prevail, so you won't find "alcohol-free beer" on the label. Instead, look for names like nonalcoholic malt beverages or brews. Don't feel guilty about guzzling a couple of these—every 12-ounce serving has an average of only 50 calories. BH&G


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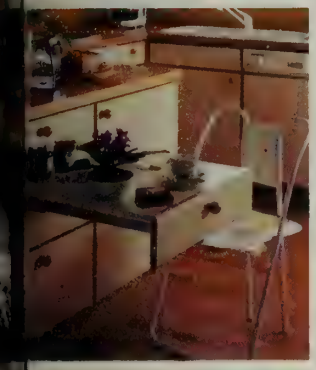
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Most of the products shown editorially in *Better Homes and Gardens®* can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

THE NEW REGIONAL CLASSICS UPDATED FOR ENERGY EFFICIENCY

Midwest Farmhouse

Page 34 (*top*): Windows—The Rolscreen Co., 100 Main St., Pella, IA 50219. **(*Left*): Sofa** — Pennsylvania House, Lewisburg, PA 17837.

Page 35 (*top*): Fireplace—Heatilator, Div. of HON Industries, 1915 W. Saunders Rd., Mt. Pleasant, IA 52641. **Sofas, chair**—Pennsylvania House (address above). **(*Bottom*): Countertop,** Corian — E.I. du Pont de Nemours & Co., Rm. G50849, Wilmington, DE 19801. **Stove** — General Electric, Appliance Park, Louisville, KY 40225. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53711.

Southwest Adobe

Page 36 (*top*): Windows—Hurd Millwork Co., 520 S. Whelen Ave., Medford, WI 54451.

Page 37 (*top*): Taos chair — SWSpanish Craftsmen, Inc., 922 Canyon Rd., Santa Fe, NM 87501. **Sofas, tables**—Scandinavian Interiors LTD, 3701 Eubank, NE, Albuquerque, NM 87111.

New England Colonial

Page 38 (*right*): Skylights—Fox Lite, 4518 Taylorsville Rd., Dayton, OH 45424. **Brick floor**—Midwest Floor Co., 2714 Breckenridge Industrial Court, St. Louis, MO 63144. **Windows, doors**—The Rolscreen Co. (address above). **Lace curtains**—Linen and Lace, 4 Lafayette, Washington, MO 63090.

Page 39 (*top*): China, "Country Diary"—Noritake Co., Inc., 41 Madison Ave., New York, NY 10010. **Ceiling fan**—Casablanca Fan Co., 64 E. Colorado Blvd., Pasadena, CA 91109. **Mini-print chair fabric**—Waverly, Div. of F. Schumacher and Co., 79 Madison Ave., New York, NY 10016. **Lace tablecloth, curtains**—Linen and Lace (address above). **(*Bottom*): Stove**—Jenn-Air Corp., 3035 Shadeland Ave., Indianapolis, IN 46226. **Dishwasher**—KitchenAid, Incorporated, 701 Main Street, St. Joseph, MI 49085-1392.

Southeast Town House

Page 40 (*center*): Staircase—Jowers and Ramberg Wood Works, 2032 Maybank Hwy., James Island, SC 29412. **Recessed lighting**—Lightolier, 346 Claremont Ave., Jersey City, NJ 07305.

Page 41 (*top*): Railing—Jowers and Ramberg Wood Works (address above). **Windows**—Andersen Corp., Box 12, Bayport, MN 55003. **Wing back chair, sofa**—Hickory Chair, Box 2147, Hickory, NC 28601. **(*Bottom*): Oven, range hood, trash compactor**—General Electric (address above). **Miniblinds**—Levolor Lorentzen, 1280 Wall St., W, Lyndhurst, NJ 07071. **Cabinets** — Jowers and Ramberg Wood Works (address above).

COUNTRY CRAFTS, 25 GREAT GIFTS

Page 59: Wallpaper — Imperial Wallcoverings for Gear Inc., 23645 Mercantile Rd., Cleveland, OH 44122. **Yarn** — Paternayan Yarns, 312 E. Ninth St., New York, NY 10028.

Pages 60–61: Embroidery floss — DMC Corp., 107 Trumbull St., Elizabeth, NJ 07208. **Wallpaper** — Gear (address above). **Fabric dye**—Rit Dye Consumer Service Dept., CPC North America, P.O. Box 21070, Indianapolis, IN 46221.

Pages 62–63: Pillow fabric, Zweigart "Sturbridge"—Hansi's Haus, 35 Fairfield Pl., West Caldwell, NJ 07006. **Wallpaper** — Gear (address above). **Wooden bowl** — Weston Bowl Mill, Weston, VT 05161.

EASY ELEGANCE

Page 95: Secretary, "Replicas 1800" — Thomasville Furniture Ind., P.O. Box 339, Thomasville, NC 27360. **Lamps**—Paul Hanson, 610 Commercial St., Carlstadt, NJ 07072. **Carpet,** Cabin Crafts—WestPoint Pepperell, P.O. Box 1208, Dalton, GA 30720. **Sheets used for window treatments,** "Paper Flowers"—Lady Pepperell, 1221 Avenue of the Americas, New York, NY 10020.

Pages 96–97: Armoire, "Replicas 1800"; **tray table,** "Four Corners" — Thomasville Furniture Ind. (address above). **Cups, saucers on shelves, plate on tray table**—Bennington Potters, P.O. Box 199, 324 County Rd., Bennington, VT 05201-0199. **Sisal rug**—Merida Meridian, 4056 E. Hiawatha, Syracuse, NY 13208. **Pleated window shades**—Levolor Lorentzen, 1280 Wall St., W, Lyndhurst, NJ 07071. **Wall covering,** Clarence House II Collection, "Gaston" 686-53151—Imperial Wallcoverings, 23645 Mercantile Rd., Cleveland, OH 44122. **Sheets used as slipcovers,** "Tuskers"—Lady Pepperell, 1221 Avenue

continued on page 160

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above). **Place mat,** "Pleat"—Colonial Candle of Cape Cod, Div. of General Housewares, Box 670, Hyannis, MA 02601. **Fork**—KSK International Corp., 1901 Avenue of the Stars, Los Angeles, CA 90067. ***(Right top)*: Fork**—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. **Salad plate**—Anchor Hocking Glass Corp., Fifth & Pierce Sts., Lancaster, OH 43130.

Page 113 *(left, top to bottom)*: Plate, "Christianshavn Blue"—Dansk International Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549. **Fork,** Crown Corning "Pronto"—Corning Glass Works, Consumer Products Div., HP-EB-1, Corning, NY 14830. **Plate,** "Siena"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. **Napkin ring**—American Cut Crystal, 225 Fifth Ave., New York, NY 10010. **Plate**—Heller Designs, Inc., 41 Madison Ave., New York, NY 10010. **Quiche dish**—Corning Glass Works (address above). **Bowl**—H.A. Mack & Co., Inc., 165 Newbury St., Boston, MA 02116. ***(Right, top to bottom)*: Plates,** "Adobe"—Anchor Hocking Glass Corp. (address above). **Plate**—A Company of Friends, Box 2150, San Francisco, CA 94126. **Soufflé dish,** "Josephine"—Rosenthal USA Ltd., 6626 Metropolitan Ave., Middle Village, NY 11379. **Plate,** "Bisserup Blue"—Dansk International Designs, Inc. (address above). **Bowl,** "Bistrokronborg"—Dansk International Designs, Inc. (address above).

Page 114 *(left)*: Plate, "Dots"—Kosta Boda USA Limited, 225 Fifth Avenue, New York, NY 10010. ***(Bottom)*: Casserole, plates,** "American Collection"—The Pfaltzgraff Company, P.O. Box 1069, York, PA 17401. **Trivet**—Kalmar Designs, Incorporated, Merrick Rd. & Beech St., Wantagh, NY 11793. ***(Right, top to bottom)*: Plate**—La Cuisiniere Incorporated, 903 Madison Avenue, New York, NY 10024. **Bowl**—Denby Ltd., Incorporated (address above). **Plate,** "Panache"—Denby Ltd., Incorporated (address above).

Page 115 *(left, top to bottom)*: Plate—Waechtersbach USA, Inc., 8300 NE. Underground Dr., Kansas City, MO 64161. **Bowl,** "Villager"—J.G. Durand International, 225 Fifth Ave., New York, NY 10010. **Dish**—B.I.A. Cordon Bleu, 375 Quarry Rd., Belmont, CA 94002. **Napkin,** "Window Pane"—Asta, 18009-J Sky Park Cir., Suite B, Irvine, CA 92714. ***(Right, top to bottom)*: Bowl, plate,** "Napoli"—Rosenthal/Thomas, by Lauffer, Belmont Dr., Somerset, NJ 08873. **Spoon**—Anacapa Corp., 25933 Frampton, Harbor City, CA 90710. **Platter,** "Fiori Weiss"—Villeroy & Boch Tableware Ltd. (address above). **Plates**—Waechtersbach USA, Inc. (address above). **Bowl**—Franciscan Ceramic Tile, 2901 Los Feliz Blvd., Los Angeles, CA 90039. **Casserole,** Pyrex—Corning Glass Works (address above). **Plate**—Waechtersbach USA, Inc. (address above). **Fork,** Crown

SHOPPING

continued from page 159

of the Americas, New York, NY 10020.

Pages 98–99: Table, chairs, small drop-leaf table, "Replicas 1800"—Thomasville Furniture Ind., P.O. Box 339, Thomasville, NC 27360. **Flatware,** "Bainbridge"—Wilton Armetale, 18th & Franklin Sts., Columbia, PA 17512. **Glassware**—Mariposa, 33 Maplewood, Gloucester, MA 01930. **Sheets used on chair seats,** "Stripers"—Lady Pepperell (address above). **Sheets used as place mats,** "Wicker"—Lady Pepperell (address above).

Pages 100–101: Bed, small table by chair, "Replicas 1800"—Thomasville Furniture Ind. (address above). **Carpet,** Cabin Crafts—WestPoint Pepperell, P.O. Box 1208, Dalton, GA 30720. **Lamps**—Paul Hanson, 610 Commerical Street, Carlstadt, NJ 07072. **Pictures, lace pillow covers**—The Sea Shell, 105 Main Street, Westhampton Beach, NY 11978. **Wall covering,** Traditional Treasures Collection, "Camelia" MTT-4066—Milbrook Wallcoverings, 23645 Mercantile Road, Cleveland, OH 44122. **Sheets used for draperies, vanity skirt, chair, ottoman slipcover, bed linens,** "Country Classic Stripe"—Lady Pepperell (address above). **Sheets used for dust ruffle and pillows,** "Country Classics Foulard"—Lady Pepperell (address above).

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Page 110 *(left, top to bottom)*: Cups—Block China Corp., 11 E. 26th St., New York, NY 10010. **Plate**—Faroy, Inc., 1555 W. Belt Dr., N, Houston, TX 77043. **Bowl**—Denby Ltd., Inc., 130 Campus Plaza, Edison, NJ 08818. **Spoon**—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421. ***(Right, top)*: Cups,** "Tech"—Beucler, P.O. Box 2382, Santa Ana, CA 92707. **Napkins**—Hallmark, 2501 McGee, Box 580, Kansas City, MO 64141.

Page 111 *(left, top to bottom)*: Plate—Etco Industries, Incorporated, 225 Fifth Avenue, New York, NY 10010. **Bowl**—International Craft Design, P.O. Box 1681 FDR Sta., New York, NY 10022. **Plate**—Horchow, P.O. Box 819066, Dallas, TX 75381. ***(Right)*: Dinner plate,** "English Chintz"—Mikasa, 25 Enterprise Avenue, Secaucus, NJ 07094.

Page 112 *(left)*: Platter, "Lancaster"—Adams Ironstone, 41 Madison Ave., New York, NY 10010. ***(Bottom)*: Small plate,** "Colorstone"—Sasaki Crystal, 225 Fifth Ave., New York, NY 10010. **Under plate,** "English Chintz"—Mikasa (address

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Corning "Pronto"—Corning Glass Works, Corning Glass Works, Consumer Products Div., HP-EB-1, Corning, NY 14830. **Napkin**—Trade Associates Group, 1476 Merchandise Mart, Chicago, IL 60654.

Page 116 (*left, top to bottom*): Plates, "Swan Lake"—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010. **Glasses,** "Toast Tulip"—Colony, 225 Fifth Ave., Rm. 1000, New York, NY 10010. **Platter,** "Palatino"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. **(*Right, top to bottom*): Bowl, plate**—Hammacher Schlemmer, 147 E. 57th St., New York, NY 10022. **Pie plate,** Pyrex—Corning Glass Works (address above).

Page 117 (*left, top to bottom*): Platter, "Belfiore"—Villeroy & Boch Tableware Ltd. (address above). **Plate,** "Josephine"—Rosenthal USA Ltd., 6626 Metropolitan Ave., Middle Village, NY 11379. **Place mat,** "Pleat"—Colonial Candle of Cape Cod, Div. of General Housewares, Box 670, Hyannis, MA 02601. **(*Right, top to bottom*): Platter**—Bybee Pottery, Waco, KY 40385. **Plate** "Les Bands Pink"—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247. **Glass,** "Graphics"—Denby Ltd. Inc., 130 Campus Plaza, Edison, NJ 08818. **Bowls**—Riekes-Crisa Corporation, 1818 Leavenworth Street, Omaha, NE 68102. **Spoon**—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421.

Page 118 (*left, top to bottom*): Tray—McCormick & Company Incorporated, 115 Brand Road, Salem, VA 24156. **Bowl**—B.I.A. Cordon Bleu, Inc., 375 Quarry Road, Belmont, CA 94002. **Platter**—Charles Martine Imports, Incorporated, 225 Fifth Avenue, New York, NY 10010. **Plates**—Hutschenreuther Corporation, 100 Shaw Road, North Branford, CT 06471. **(*Right, top to bottom*): Plate,** "Bistro Christianshavn"—Dansk International Designs, Incorporated, Radio Circle Road, Mt. Kisey, NY 10549. **Plate,** "Rainbow Stripe"—Grand Finale, P.O. Box 819027, Farmers Branch, TX 75381. **Towel,** Ritz—John Ritzenthaler Company, 40 Portland Road, West Conshohocken, PA 19428.

PRIZE TESTED RECIPES®

Page 153 (*left*): Plate—Anchor Hocking Glass Corporation, Fifth & Pierce Streets, Lancaster, OH 43130.

Page 154 (*right*): Plate, bowl, "Christianshavn"—Dansk International Designs, Incorporated, Radio Circle Road, Mt. Kisco, NY 10549. **Basket**—Royal Cathay, 530 Forbes Boulevard, San Francisco, CA 94080.

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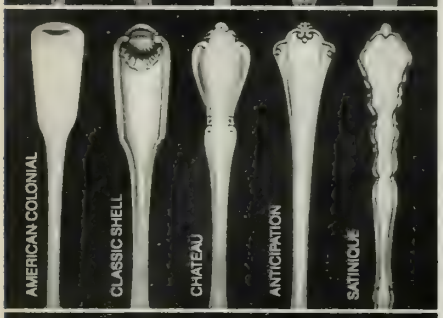


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A Word of Comfort for Sensitive Ears



by Janet Matthews

Two years ago I gave up on pierced earrings. Every time I wore them, my earlobes swelled and got sore. Fashion wasn't worth the pain.

Then something happened.

I responded to a mail order advertisement for a free pair of earrings made especially for sensitive ears. To my surprise, these earrings really worked: all soreness, itching, and flaking disappeared.

Still skeptical, I did a little research. Here's what I learned:

The pain I'd felt is called *contact dermatitis* — an allergic reaction responsible for the symptoms that make most earrings so uncomfortable for about half of us who wear them. I was surprised to learn that it's triggered by the common alloys and solders used in every pair of earrings I owned — even the expensive 14K gold ones!

The solution, explained to me by Roman Research spokeswoman Marjorie Stone, is a unique process using an alloy-free combination of pure, 24-karat gold and surgical stainless steel. The result is irritation-free and guaranteed hypo-allergenic.

I visited Roman Research and saw how modern medical standards were applied in making these earrings. I also saw *thousands* of letters of thanks to Ms. Stone from women all across America. Let me quote just two:

"Before Whispers came along, my ears would get seriously infected by even the most expensive earrings. I work for a doctor, and even he was amazed."

Here's another:

"I had my ears pierced about 15 years ago, and I have never been able to wear any kind of earrings, even clips, without getting a reaction . . . . Now I can, and I really can't believe it!"

What I had experienced is a very common problem!

Ms. Stone said that because of the fantastic response to Simply Whispers (more than 300,000 women tried them last year), the company now offers a "Lifetime Guarantee Against Discomfort" on hundreds of beautiful earrings — classic styles, seasonal colors, and children's styles, priced from just $5.98 in its new color catalog.

To prove it, Whispers gives a *free* pair of trial earrings ($9.98 retail value) with every catalog request.

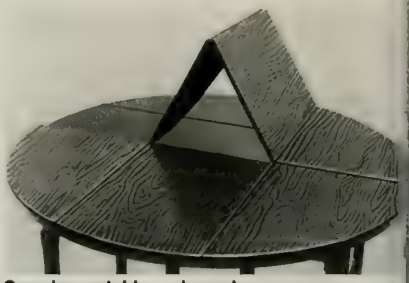
Beauty *doesn't* have to hurt. If you'd like to end earring discomfort forever, I urge you to write to Simply Whispers. I did, and now I can wear the styles my friends do *but with complete safety and comfort.*

For a color catalog and free trial earrings, send your name and address with $1.00 for postage and handling to: *Simply Whispers, Roman Research Marketing, Dept. 8203, 77 Accord Park Drive, Norwell, MA 02061.*

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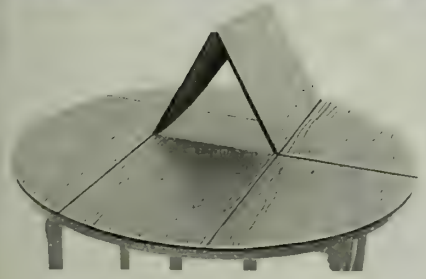
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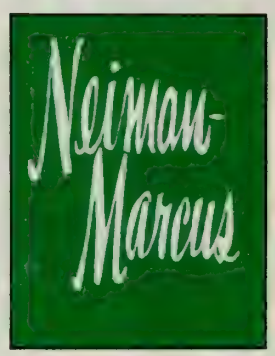
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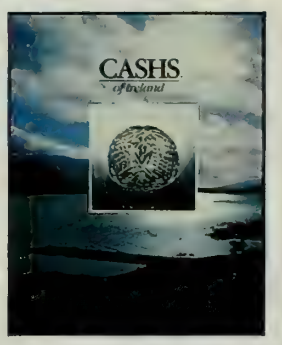
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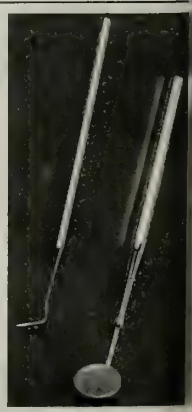
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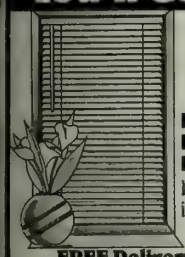
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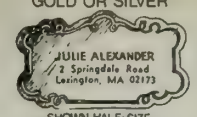
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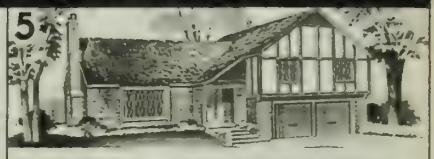
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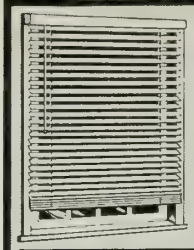
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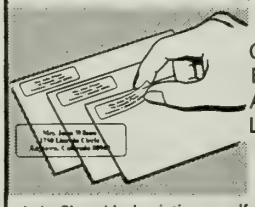
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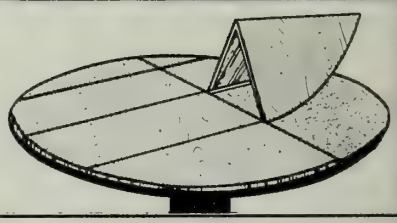
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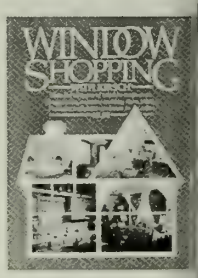


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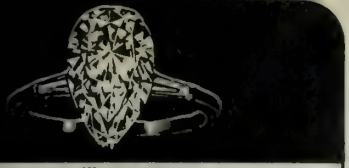
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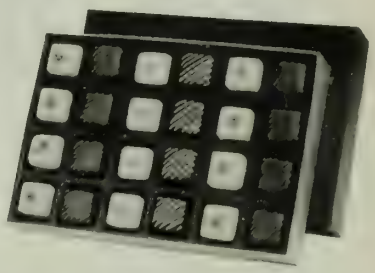
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THE MAN NEXT DOOR®

One of the benefits of living in a small town, writes Uncle Dodd Buckner, is that you can park in the drive-up lane at the local bank and no one cares.

The first thing Burt, Jr., learned in geometry class this fall is that it's a lot easier to solve the problem if the answer is in the back of the book.

Dot Dresch reports that her son, who graduated from college in June, still hasn't been able to find a steady job. "But at least," cracks Dot, "he has the satisfaction of knowing that he's unemployed in a very good field."

Our friend Elaine Cowan is planning to take a night-school class this fall on how to defend herself against all her friends who took assertiveness training in the spring.

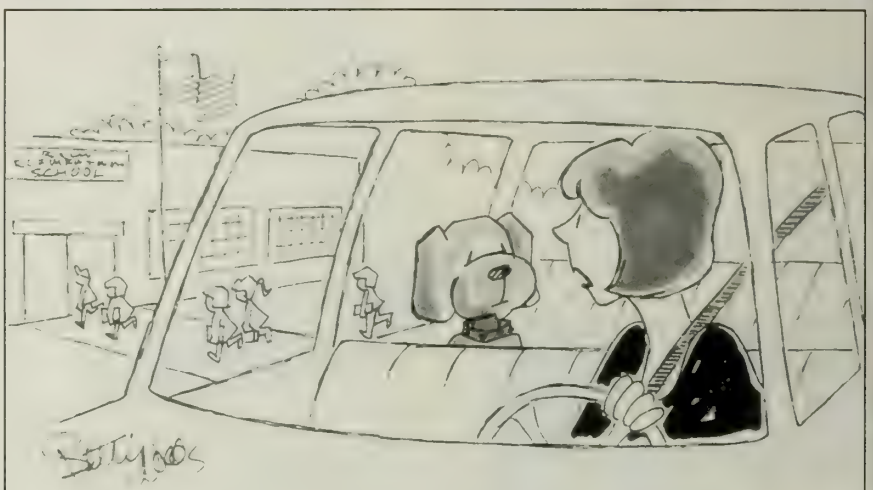
Lee Bayless confides that he's getting to the age where people stop accusing him of things he never did, and start commending him for virtues he never had.

Dietitian Barbara Wood says that filling your refrigerator with health foods isn't enough. "You have to take some out now and then," she quips.

"Ask God to bless your work," intoned the Rev. Hall, "but don't also expect him to do it for you."



"You're 35 years old—that's why I'm cutting off you're allowance!"



"Well, then, who did I drop off at the vet's for a rabies shot?"

Both Pam White and her daughter are going to college this fall. Pam takes pride in being able to hit the books and, at the same time, keep up with the home and family. Her daughter just sniffs, "Of course she has time for all that. She doesn't date."

Bill Norman is quite proud of the greenhouse he's building on the back of the house, but wife Isabel worries that winter winds may prove the structure to be "about as sturdy as a tax shelter."

A downtown parking lot, complains grumpy Ned Carter, is a place where we pay $5 so we won't get fined $28 while we go in to get a 30-cent Coke that costs us $1.50.

Grandpa Hillis says he remembers when weak-hitting infielders were a dime a dozen instead of $12 million a dozen.

Our Rosemary's college roommate claims there's nothing nicer than a weekly note from home, "especially if it can be deposited at the local bank."

Christine finds plenty of good reasons to patronize the neighborhood bakery, including their fresh bread, fair prices, and the fact that the owners are putting two kids through college.

Chris and I don't always see eye-to-eye on home decorations and furnishings. She follows changing styles and fashions, while I prefer the old and familiar (in our most heated moments, I call her a "faddist," and she calls me a "fud"). Somehow, though, we always manage a compromise.

Until recently. Chris wanted to get a new sofa, more fashionable carpeting and drapes, and a wall-wide entertainment center to house the TV, the VCR, and the stereo.

I agreed to a new sofa, and she agreed the carpeting could go a couple of more years, but neither of us would budge on the entertainment center. Chris argued it would bring "flow" to the rest of our furnishings, and I claimed I was perfectly comfortable with things the way they were (sometimes I think she's right about my being an old fud).

Our debate seemed to be at an impasse until Sunday services rolled around. "We need to be challenged with new ideas and surroundings," the Rev. George Hall declared during his sermon, "for clinging to the familiar brings dullness and complacency."

Chris poked me in the ribs and gave me a wink. I'm sure it'll be nice, having an entertainment center.

Burton Hillis

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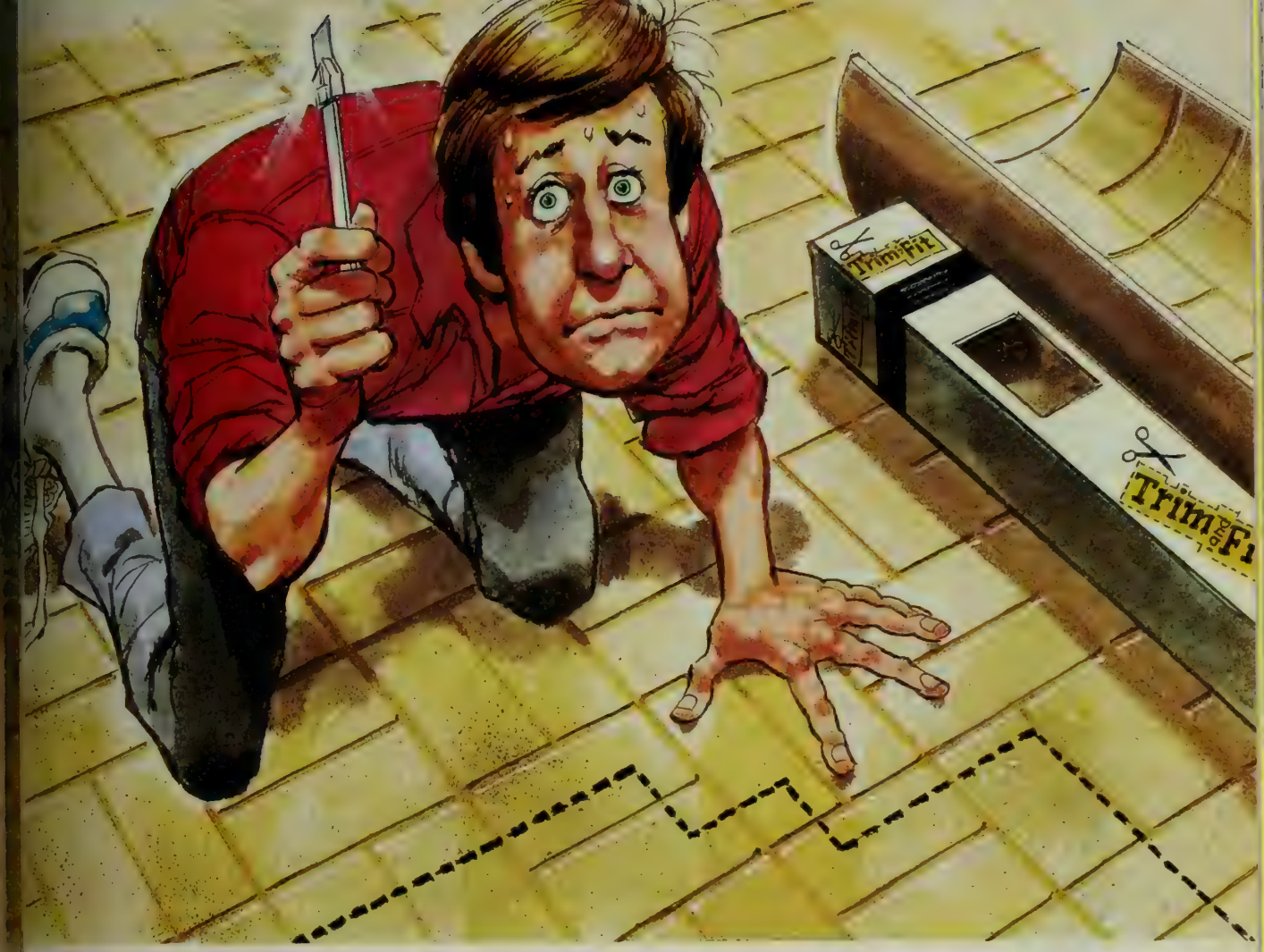


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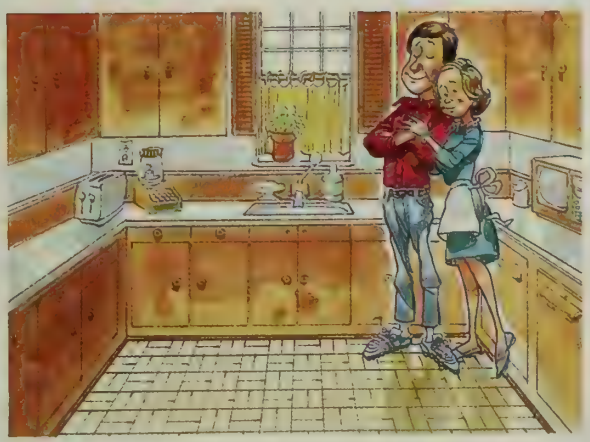
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Better Homes and Gardens®

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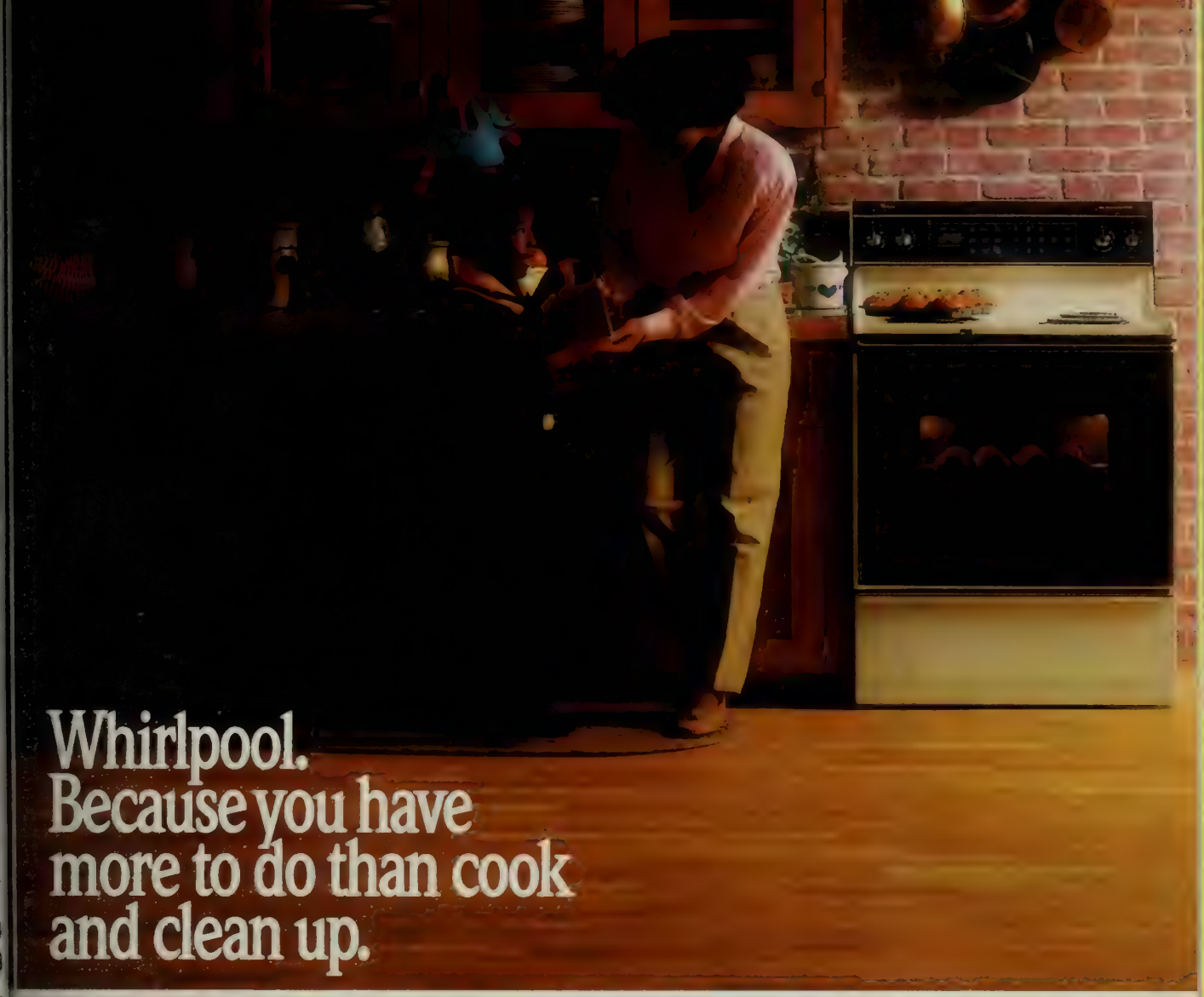
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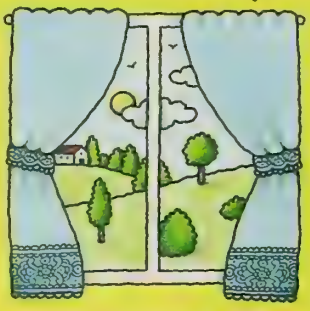
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Readers' comments and solutions to family and community problems

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Mrs. Loretta Macha
Tacoma, Wash.

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Valerie Brew Parrish
Carbondale, Ill.

Single-family swap

The singles and the families in our church wanted to find a way to become involved in each others' lives, so we started a "Reachout Weekend." On Saturday, a single person offers a family a three-hour work slot: for instance, babysitting, cleaning, or doing yard work. On Sunday, the family has the single person over for dinner and fellowship. It has worked exceptionally well and has helped build strong and lasting friendships.

Sandy Tallo
Rochester, N.Y.

Theme shower

We wanted to hold a wedding shower without silly games, so came up with a theme that would let the gifts provide the entertainment. Guests were to bring gifts designated for a specific month. For example, one gift was a bath scale with a note, "In January you pay for the sins of the year before." An April gift was a basketful of garden seeds and tools. The gifts were clever and provided an evening of fun.

Linda Hance
Tuscola, Ill.

They come around

When our oldest was at an age to babysit, we gave him the job of caring for the younger ones. At first, the little ones tested his patience. They had a sudden change of heart when told that he'd be paid from their allowances if they didn't cooperate.

Margie Theiss
Eureka, Calif.

Coupons for charity

In our June Family Network, a reader asked about collecting coupons for charity. Here's one reader's response:

Many schools and churches use this approach: With the permission of the store's manager, volunteers visit a supermarket and tape cents-off coupons on the products they match. When customers get to the check-out counter, they have the choice of keeping the money saved or giving it to the cause.

The P.T.S.A. from our local school has had several similar fund-raisers for our son, who was injured in an accident and is now a quadriplegic. We are grateful to the Otis Orchards P.T.S.A. and to Yokes supermarket.

Geraldine Weiler
Otis Orchards, Wash.

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OUR GOOD OLD *NEW COOK BOOK*

Dear Reader,

What's red and white and seen in about every kitchen in America? Even if you didn't get a big hint from the photo at right, that wouldn't be much of a riddle. The plaid cover of the *Better Homes and Gardens® New Cook Book* hits your eye every time you glance at anybody's shelf of cookbooks.

This month, I'm told, our book group will sell the 25 millionth copy of our cookbook. They also tell me that the only hardcover books that outsell it are the Bible and dictionaries.

Well, I'm not surprised. Everyone in our generation was practically issued a copy as part of the marriage ceremony. And the tradition goes on: my daughter Sarah called frantically not long ago asking me to pick up a couple of *New Cook Books* from the employees bookstore as shower presents for two of her friends. Of course, Sarah and all my other kids got copies from me when they married, even Adam and Mollie, both chefs and graduates of the Culinary Institute of America.

"Everyone in our generation was practically issued a copy as part of the marriage ceremony."

I recently sent a copy to a friend who is a very high-powered executive, president of her company, and a gourmet cook. Her teenage daughter had complained about the quality of the meals in their busy household. I figured I'd toss those wonderful timesaving recipes into their lives and let them (and Dad) work out who cooks.

Although I'm not much of a cook myself, I can confidently recommend the *Better Homes and Gardens New Cook Book* to anybody (professional chefs and company presidents included) because I know what goes into developing those recipes. They have to meet the same rigorous standards as the recipes that appear each month in *Better Homes and Gardens* magazine. Nutritional requirements, preparation time, number and availability of ingredients, and even the number of pots and pans needed are all taken into account. After that comes the taste testing, and retesting and re-retesting for however long it takes to get it right.



SCOTT LITTLE

It's everywhere, it's everywhere . . .

In case you wonder why they call this old favorite the *New Cook Book*, it's because it's revised every few years; it's updated with new recipes and revamped old recipes to be in tune with today's tastes and nutritional concerns.

Of course, you can keep your copy of the *New Cook Book* updated every month by clipping and inserting the Prize Tested Recipes pages from our magazine. So, between those plaid covers you get not only a wonderful basic cookbook, but an ever-growing collection of recipes.

Give a copy to anyone who's setting up housekeeping, and buy yourself a replacement for your dog-eared old friend. You'll never give a more useful gift. Take my word for it.

David Jordan

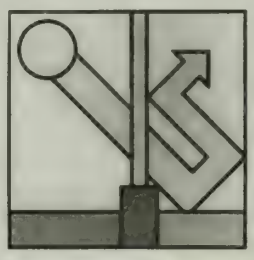
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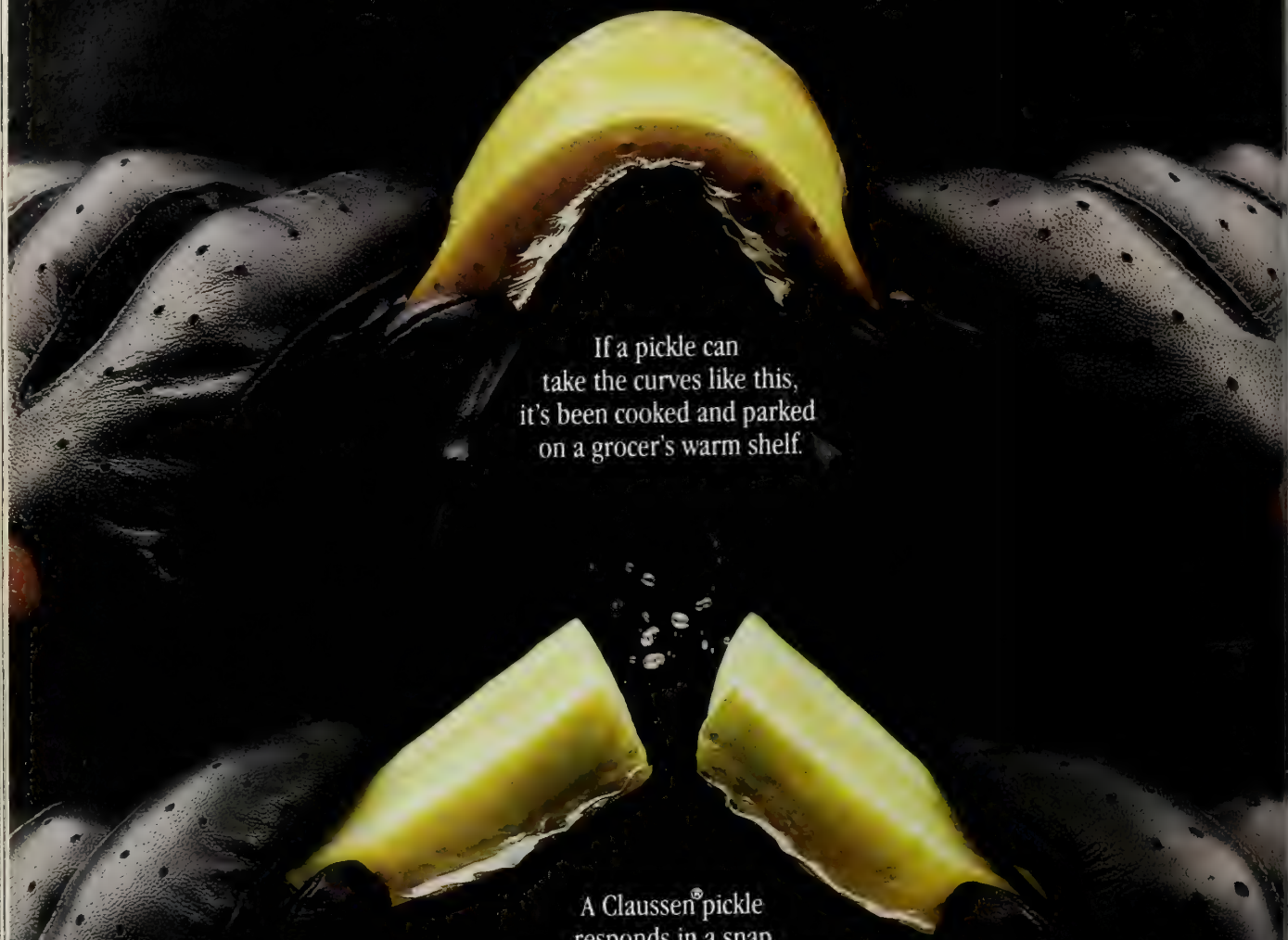
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DECORATOR'S ALMANAC

By Denise L. Caringer

WHAT'S NEW, PRACTICAL, AND JUST PLAIN FUN

From whimsical accessories to body-soothing furnishings

DECORATOR'S SNAP • SHOT

More than a place to plunk magazines and drinks, coffee tables are big-deal decorating elements now. Three trends: ● Oversize tables make great focal points. ● Tea tables have returned. ● Tarnished, glass-topped metals are hot stuff.



SCOTT LITTLE



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.....ACCENTS.....

ARCHITECTURE FOR THE BIRDS

Birdhouses with style



SCOTT LITTLE

An architectural perch.

Newly crafted with a vintage look, *Lady Slipper*'s artful birdhouses are turning up in the strangest places. Yes, they can brave the elements, but they make delightful indoor accents on a table or a column.

.....FURNITURE.....

DAYBEDS ARE TAKING OVER

Pretty seating, comfy sleeping

Move over, sofa beds. Daybeds are grabbing a share of the market. From romantic wicker to painted metals and brass, the versatile seating/sleeping pieces add nostalgic comfort to family rooms and guest rooms. This exuberant example, designed by *Gear* for *Dresher,* takes its curlicue from a Victorian garden gate. A "worn" verdigris finish gives it that treasured "attic find" look. Hint: new daybed covers with matching pillows, shams, and curtains make decorating a snap.

Buying information, page 192.

.....TRENDS.....

TAPESTRY AND NEEDLEPOINT

Add a look of antiquity

What's new in decorating is what's *old.* If you don't happen to own a roomful of heirlooms, get the look, anyway, with today's tapestry sofas and chairs. Or, opt for vintage accents, like needlepoint pillows from *Twin Panda.*



Wallpaper like a pro! You can with our new how-to video. To order with a major credit card, call toll-free 800/678-2672. Or, send check or money order for $21.85 plus $1.90 shipping to: *Better Homes and Gardens,* Department 6AA, Box 374, Des Moines, IA 50336. *Specify No. 23501.*

continued on page 21



Shocked by new furniture prices? We'll help you recover!

REUPHOLSTERY

For a lot less than it costs to buy new furniture, you can restore the furniture you already own to its original, beautiful condition. Or give it a new look! Custom reupholstery can save you 25%-50% off the cost of comparable new furniture...which can mean hundreds of dollars in savings! And your decorating possibilities are unlimited!

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YOUR LOCAL Reupholstery CRAFTSMAN

You can also create whatever look you want by changing cushions or increasing the padding, while providing comfort and durability.

Remember, the next time you're shocked by new furniture prices, we can help you recover! Call your local reupholsterer for an estimate. And see for yourself the commitment to excellence and quality offered by today's reupholstery craftsman.

Sponsored by the National Association of Decorative Fabric Distributors Advertising Council.

HELPING YOU RECOVER YOUR INVESTMENT.

DECORATOR'S ALMANAC

continued from page 19

STYLE

METAL FURNITURE ON THE RISE

Lean, linear, and elegant



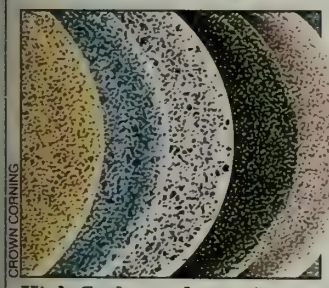
"Pewter" and brass combine.

What's new about metals? Artful lines and aged patinas, from rusty finishes to the weathered-green look of copper. Sporting mellow pewterlike steel and brass finials, *Ballard Design*'s well-bred table typifies the trend.

TABLETOP

'STONE' ISN'T WEARING AWAY

Granite moves to the table



CROWN CORNING

High fleck at a low price.

The current passion for stone—whether it's a granite countertop, a marble tabletop, or a fabulous faux malachite finish—shows no sign of waning. Once limited to pricey designer lines, speckled granitelike products are now proliferating. *Crown Corning*'s *Prego Granito* dinnerware gives that rich stone look for $88 a 16-piece set.

ACCESSORIES

HERD THE NEWS?

Cows are moo-ving in!



MARIS/SEMEL

Cute, cud-ly, and fun, a mini herd cozies up a table.

Cows make udderly charming home accents, and manufacturers are milking the trend for all it's worth. These bovine beauties are turning up in everything from folk art to posters, pillows, and rugs.



BURRIS INDUSTRIES

COMFORT

THE DESIGNER RECLINER

Leather adds luxury

Had a hard day? Refresh your body (and your eyes) with a sumptuous, high-style recliner from *Burris*. With its soft leather and firm support, the chair does everything but read you a bedtime story.



SCOTT LITTLE

This pillow sets a homey moo-o-o-d.

MATERIALS

WICKER, WICKER, WICKER!

It's everywhere these days

Comfort, nostalgia, and our penchant for mix-and-match decorating ease give wicker and kindred bamboo furnishings their big indoor appeal. What's new: mellow finishes with a burnished antique look.



HICKORY CHAIR

Flowing lines and an aged finish give *Hickory Chair*'s chaise its timeless quality.

Buying information, page 192.

continued on page 23

HOW DO YOU DRESS A NAKED WINDOW?

Let's face it. Windows don't always come into this world dressed to suit you. So when you move, or things wear out, or just plain "ugly" out, you start the search for something special. Confess. How many times have you put that perfect room together, looked at the windows and said, "Now what am I going to do?"



Can be custom-tailored to fit any size or shape.

Start with new and wonderful Duette® window fashions.
This exciting new window fashion from Hunter Douglas does a lot more than cover your windows. It dresses them in style, with a rich, distinctive look that enhances any room, any decor.

Get the luxurious feel of fabric.
A marvelous thing happens when you first see a Duette window. You can't take your eyes off of it. Light filters through the soft, translucent fabric in a warm, radiant glow. Then you touch it.



Suddenly, its incomparable texture delights your senses. And you can't take your mind off the possibilities.

Enjoy the perfect blend of beauty and function.
Like any truly smart fashion, the Duette look is as versatile as it is beautiful. The exclusive honeycomb design adds strength, and allows Duette beauty to be custom tailored to windows of unusual shape or size.

This unique construction makes Duette products highly energy efficient. It also lets you choose from a full range of designer colors which face inside, while maintaining a consistent, uniform white outside.

Innovative honeycomb design provides strength and energy efficiency.



Count on lasting, timeless beauty
Rarely is something this precious so easy to care for. What's more, Hunter Douglas guarantees* Duette products.

Once you've seen a Duette-dressed window, you won't be satisfied with anything else. So call us today. And dress those naked windows with Duette window fashions.



Versatile top-down/bottom-up operation.

Duette products are available at custom window covering and fine department stores. For your free fabric sample and catalog, call 1-800-32-STYLE, or write to Hunter Douglas Window Fashions, Department A, P.O. Box 5505, Peoria, IL 61601.

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*Contact Hunter Douglas for more information on the Duette three-year Limited Warranty.

This product is covered by one or more of the following U.S. patents, in addition to many foreign patents and other pending U.S. patents: 4,450,027 4,603,072. Made in USA.

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DECORATOR'S ALMANAC

continued from page 21

.....DESIGN.....

FURNITURE DESIGNS BORN IN THE USA

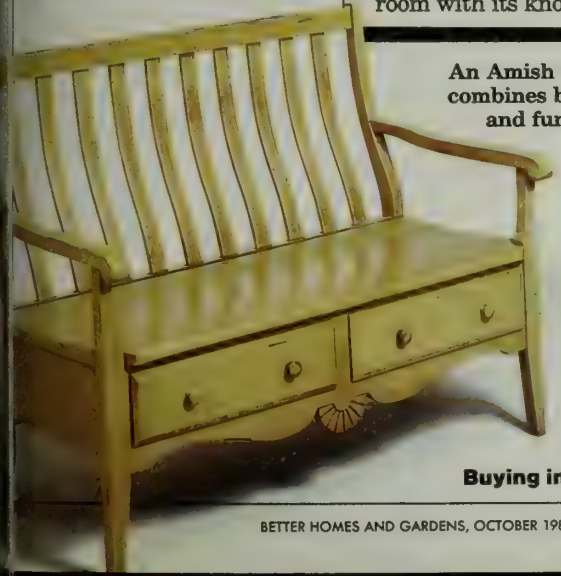
New reproductions



ATELIER INTERNATIONAL

Wright's "Robie" chair.

American design finally is getting its due, and manufacturers are reproducing classics to keep up with demand. Frank Lloyd Wright designed this chair (*above*) in 1908, adding a high back to subdivide space in his then-startling open-plan homes. *Nichols and Stone*'s storage bench (*below*) is based on an Amish piece.



An Amish bench combines beauty and function.

.....FURNITURE.....

NEW SHAPE FOR CEDAR CHESTS

Finally! A roomy cedar armoire



THE LANE COMPANY

Rich wood, a fragrant scent, and lots of stashing space.

Pretty is as pretty does, and this commodious cedar cabinet from *Lane* succeeds on both counts. Obligingly stowing sweaters and other items, it warms any room with its knotty wood and down-home styling.

QUOTABLES



Buying information, page 192.

.....TRENDS.....

ARCHITECTURE FOR YOUR WALLS

Decorate with renderings



SCOTT LITTLE

Architectural drama—at poster prices!

Architectural drawings bring rich antiquity to today's homes. The real thing—a 17th-century engraving of an Italian palazzo, for example—is being snapped up by collectors at auctions and galleries. But, you can get the look for less with a finely detailed poster.

...FURNITURE...

FOCAL-POINT BEDS

Bold styles steal the scene



WHITE FURNITURE

Country French sleigh bed.

The best-dressed sleeping quarters these days start with a fabulous bed. As architecturally interesting as a fireplace or a wonderful window, eye-riveting beds come in all styles. In addition to ornate brass versions and imposing canopies, look for lyrically scalloped sleigh beds, like this one from *White Furniture*.

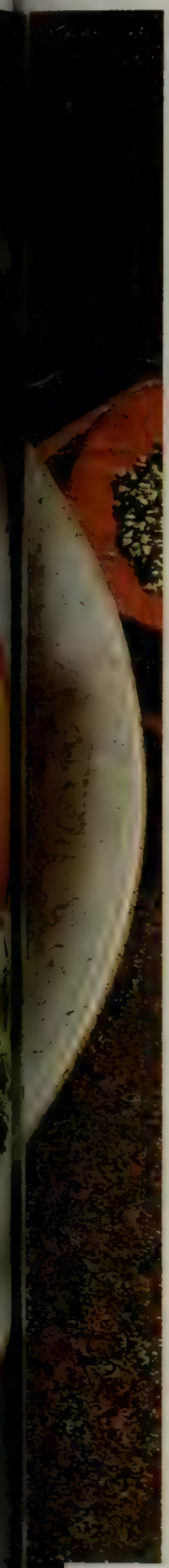
There's a secret to creating extraordinary chick



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shes.

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Window reflecting inside winter heat and outside summer heat.

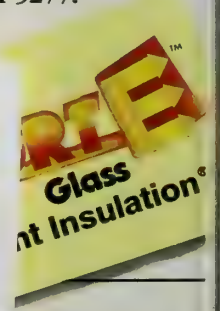
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Comfort-E glass used in leading window brands.

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For the name of manufacturers tha produce windows and patio doors with Comfort-E glass and a free brochure that shows how much Comfort-E saves on energy bills, call toll-free **1-800-634-5277.**



*With ½ inch air space.

AFG Indu

TODAY'S CERAMIC TILES WARM THE HEARTH

Warm up any fireplace with tile! Today's great colors and wide array of patterns make tile one of the "hottest" ways to dress your hearth.

COUNTRIFY WITH PINE AND TILE

Sprightly animal tiles combined with a mellow pine mantel and beams give this new fireplace (*right*) its down-home, country appeal.

All it takes to complete the look is a cheery (yet eye-drawing) painting. This folk art piece plays off the images in the tile. Its whimsical subject (Santa Claus on safari) and strong colors set a jaunty tone for the room.

Design: Rita Hooker. Field editor: Maxine Schweiker

DRESS UP A RAISED HEARTH

Even a modern raised-hearth fireplace (*below right*) assumes a vintage stance with an old-fashioned surround. The lively green-and-white tile dresses up the opening and the hearth, and gives the fireplace an elegant, traditional air. Above the hearth, a glossy white mantel defines the area without competing with the bright tile.

Design: Lynn Masters. Field editor: Emily Kamatos

TRY MOLDINGS FOR INSTANT ANTIQUITY

This fireplace (*far right*) gets its "been there for ages look" from trim, a floating mantel, and elegant tile.

A frame of painted molding teamed with a line of tiles establishes a sophisticated look for the surround and hearth. (The rich-looking design requires no more than stock molding for the trim and a ready-made mantel.)

Traditional-style credibility comes from the colonial blue color of the painted wood. The sparkle of brass finishes the look. Shining candlesticks, utensils, and andirons are the final dressy touches.

Design: Jane Galt and Bonnie Morris
Field editor: Emily Kamatos



HOPKINS ASSOCIATES

Playful animal tiles and a pine mantel give a new fireplace old-fashioned appeal.



JIM HEDRICH/HEDRICH-BLESSING

Colorful tiles dress a raised hearth.



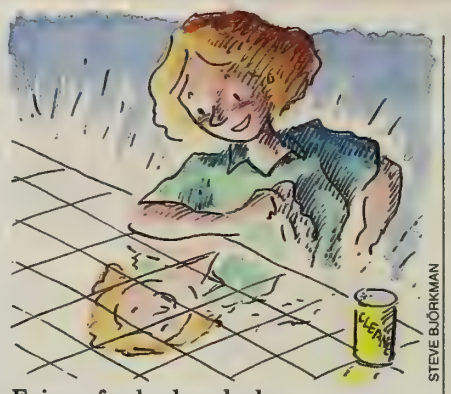
JIM HEDRICH/HEDRICH-BLESSING

Elegant tiles frame this fireplace.

COUNTERTOP UPKEEP

A QUICK RUNDOWN

Select a countertop material and you've chosen more than a look. You've picked a style of upkeep as well. Here's how to care for the various surface materials in your home.



STEVE BJÖRKMAN

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PLASTIC LAMINATE

Most laminates are made of layers of paper impregnated with resin and bonded under heat into a tough, single sheet. The surface is susceptible to scratching. New solid-color laminates, although more than twice as expensive as the conventional kind, don't show nicks and scratches as readily.

To clean either kind of laminate, wipe it with a solution of a mild liquid cleaner such as Spic and Span Pine or Top Job, or use a nonabrasive cleaner like Bon Ami or Soft Scrub. Avoid the use of abrasive pads or cleaners; they may scratch the surface. To remove crusty debris, use cleaners full strength.

GLAZED CERAMIC TILE

Basically a slab of kiln-fired clay, ceramic tile is tough and fireproof. Normal cleaning involves wiping with a damp sponge. For tough dirt, spray on a glass cleaner and dry with a paper towel. For heavy-duty cleaning, use a product like Scotch-Brite and a nylon scrubbing pad.

SYNTHETIC MARBLE

Synthetics like Corian are less porous and more stain resistant than natural marble. You can use an abrasive cleaner such as Comet to maintain the surface luster. Light sanding with fine sandpaper (320 to 400 grit) can remove cigarette burns and scratches. Use a trivet to avoid heat damage.

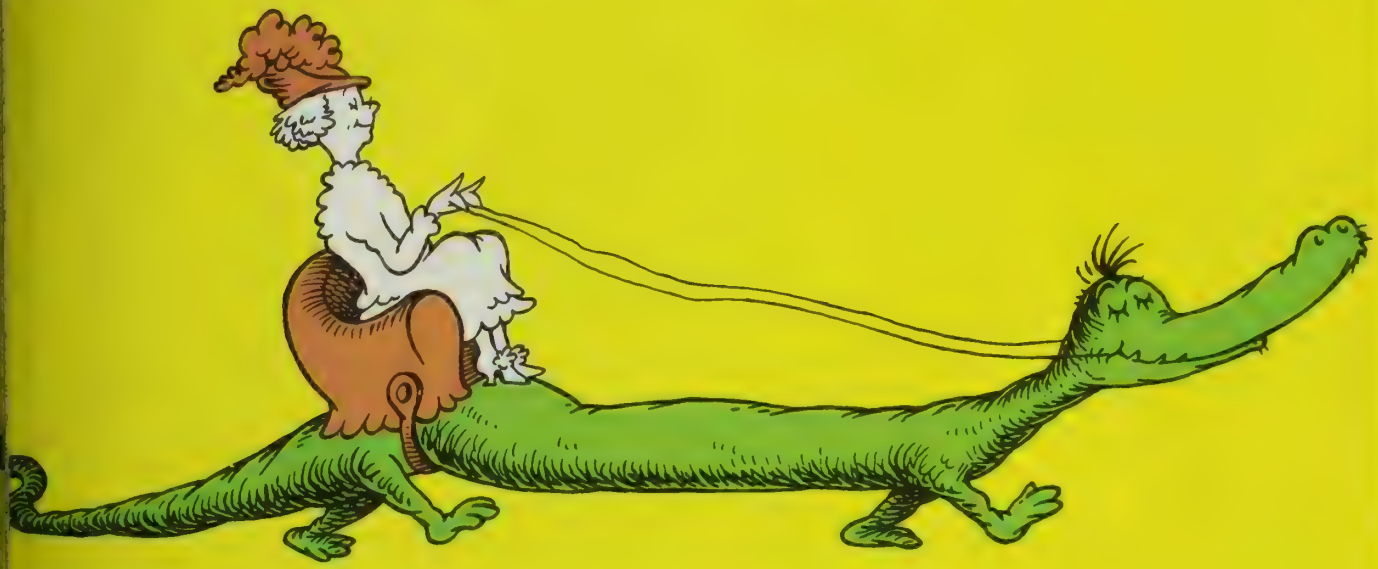
Strong chemicals—paint remover and drain cleaners—can damage the surface of synthetic marble, however. If you should happen to spill caustic chemicals, wipe them up immediately and flush the area with water.

STAINLESS STEEL

This tough metal is impervious to stains and can withstand high temperatures. Commmercial cleaning products are available in both oil and water-based formulas. Use only the water-based cleaners around food areas.

Window cleaners, especially the foaming type, work well on stainless steel. Wipe up water spots with a solution of vinegar diluted in water. You can also try using a detergent solution or an all-purpose cleaner such as Mr. Clean. Avoid scouring powders—they will scratch the surface.

A isn't just for Apple anymore, it's for Aunt Annie's Alligator.



Turn the page and discover how 8 fun books and a free gift can arrive at your door.

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*plus shipping, handling and applicable sales tax

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I am enclosing no money. Please accept my child's enrollment and send the 8 books shown plus The Cat in the Hat Bookrack (a $3.50 value) as a free gift. The comparable retail value of the books alone is $47.60, but you will bill me only $3.99.* I may examine the books for 10 days, and if not completely delighted, return them at your expense and owe nothing. The free bookrack is mine to keep. If I keep the 8 books, my child will receive 2 new Beginner Books every 4 weeks on 10-day approval for the member's low price of only $4.49* each. I understand I may cancel anytime (by following the instructions on the invoice), after accepting as few as 4 two-book shipments. Each shipment is mine on a 10-day approval and I may return any book in the program at your expense.

Child's Full Name (please print) Birthdate: mo. / day / year

Address Apt.

City/State Zip

Parent's Signature Tel# Area Code ( )

Offer may be slightly different in Canada. Shipment and services from Canada.
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Dr. Seuss & His Friends

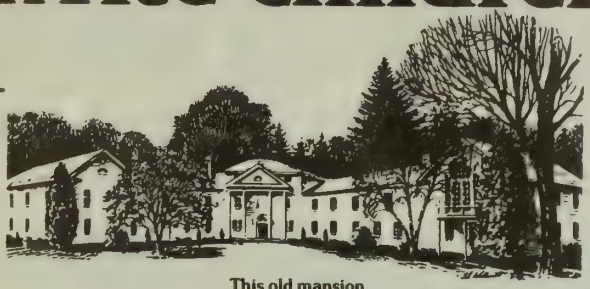
©Illus. Dr. Seuss 1957, 1960, 19



We're looking for people to write children's books

By Alvin Tresselt,
Dean of Faculty

"Writing for children is the perfect way to take up writing," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."



This old mansion deep in the Connecticut woods has been the home of this workshop for new writers since 1969.

IF you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from any other kind of publisher I know.

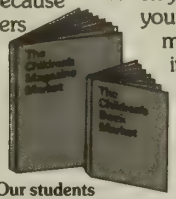
Later on, you may get other checks from other publishers. But right now, the object is to begin—to break into print—to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching—and 53 books of my own—I can tell you this: You'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that young people "really like" is an experience you'll never have anywhere else.

A surprisingly big market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. As many as 2,500 new titles appear annually and new authors account for up to half of them.



Our students learn where to sell their writing with our exclusive publishers' lists.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going! Yet two big questions bedevil nearly every would-be writer. "Am I really qualified?" and "How can I get started?"

"Am I really qualified?"

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: Our reputation is built on success, and if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

Learn one-to-one with your own instructor

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own books, I spend my time at The Institute of Children's Literature, a workshop for new writers that does one thing and does it better than any other educational institution I know of: It trains qualified people to write for the young reader.

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

Learn at your own pace

When you're ready—at your own time and your own pace—you send your assignment to me and I read it and I reread it to get everything out of it you've put into it.

Then I edit your assignment with a red pencil just the way a publishing house editor would—if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull with each assignment. You push and I pull and between us both, you learn to write.

"Now...I am a writer!"

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many students break into print even before they finish the Course. We receive hundreds of letters like these from students: "Before taking your Course, the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, OR. "My first sale, to *National Catholic Weekly*, was a Course lesson. Then I sent another Course assignment to a writer's competition and won first prize of $400!"

Della Domangue, of New Orleans, LA writes: "Having taken several writing courses, I can truthfully say yours was the best. My instructor's personal comments, suggestions and encouragement were invaluable. I also learned the joys of...editors answering you personally."

Marilyn Day of Marissa, IL says, "Now I'm no longer a housewife, I am a *writer!*"

And Mary Carruth, Dublin, CA, writes, "I sent out my first article with a prayer and it was accepted. Your Course, with its structure and support, has been everything I hoped for."

"When I started, I did not really think I had the ability," writes Sister M. Laetitia Mudde, West Haven, CT. "But my instructor made me believe in myself."*

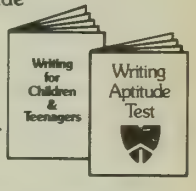
I have a file full of similar letters: People like yourself so full of pride they could easily convince you that it is a pity more people don't take up writing for children.

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Dear Mr. Tresselt: I am interested in your program to help new writers get started. Please send your free Writing Aptitude Test and 28-page brochure. I understand I am under no obligation whatever and no salesman will visit.

Mr. Mrs. Ms. Miss DU 4

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City

State Zip

Approved by the
Connecticut Commissioner of Education

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Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

*The testimonials in this ad were provided without remuneration and voluntarily by The Institute's students between 1982 and 1985.

FROM TWO INCOMES DOWN TO ONE

HOW GOOD PLANNING AND GOOD SENSE HELP THIS FAMILY SUCCEED

By Margaret Daly

Ken and Maureen Deceuster, of Mahtomedi, Minnesota, near St. Paul, faced a one-third drop in income when Maureen left her job a year ago. Yet they have managed to maintain their lifestyle. What's more, for the first time ever, they are on their way to building a nest egg for their children's education and their own retirement.



MIKE HABERMANN

"We were always broke by the end of the month, even before Maureen left her job."
—Ken Deceuster

"I was afraid we'd have to change our standard of living, but we haven't."
—Maureen Deceuster

The Deceusters' story

When 36-year-old Maureen Deceuster left her $21,000 job last year, she and husband Ken, 35, realized they'd have to do some careful planning. "The company I worked for had been sold, and I didn't see any good job opportunities in the same salary range," Maureen explains. "It was costing a lot to have me work—baby-sitting, clothes, and things like that. And it was just too easy to go into the department stores at lunch time."

Working for less money just didn't make sense. Besides, the kids—Joshua, then aged 4, and Leah, 2—were growing and needed more of her time. "I wanted to be home."

Ken held a good job as a railroad supplies salesman, earning more than $35,000 a year. They knew they'd cut some expenses when Maureen quit. There also was a $7,500 lump sum from her employer, which they used to spruce up their home with a new kitchen floor and some furnishings, and to pay off their bills.

"We were really debtless," says Ken. "But we had the feeling, NOW what do we do?" Even with their combined incomes, they had had trouble saving. "We could never put anything away for the future," Ken says. "We knew we had to do something. So we answered an ad about retirement planning."

Enter John Hantz, financial planner with IDS Financial Services.

'A typical middle-class bind'

"I see four or five couples a week like the Deceusters," says John, who also has clients in the million-dollar-plus range. "It's a typical middle-class bind. They're living on what seems like a lot, but always paycheck to paycheck. Ken and Maureen at least realized that if they couldn't manage to save anything on $55,000, they certainly couldn't manage to on $35,000."

The Deceusters had better resources than some, such as insurance on both of their lives and a 401k retirement-savings plan through Ken's employer. "Their biggest problem was to learn how to save," says John. "No one is a born saver. You have to practice."

Establishing goals

For a flat fee of $250, John helped the couple set up a financial plan. The first step was to clarify their immediate and long-term goals. "There are no right or wrong answers," he says, "but it's up to the clients to agree on what they want. Only about 40 percent of the people I see even get through this stage. Ken and Maureen came back within a week. They were easy to work with."

Their first goal was to build up a cash reserve of three or four months' salary

continued on page 34

WHAT THEY DID

- Sat down with a financial planner to clarify goals and create a plan for meeting them (cost: $250).
- Monitored their budget to see where spending could be cut.
- Set up a regular savings and life insurance program, with payments made automatically each month.
- Cut grocery spending significantly through careful planning.
- Reduced eating out to just two or three times a month.
- Avoided using charge accounts. "I know the difference now between needs and wants," says Maureen.
- Arranged to take care of a neighbor's baby for a few hours a week to earn some extra income.
- Refinanced their mortgage from 30 to 15 years, to take advantage of lower rates and to have the loan paid off by the time the children are ready to go to college.

SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

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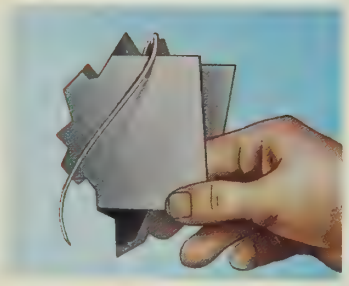
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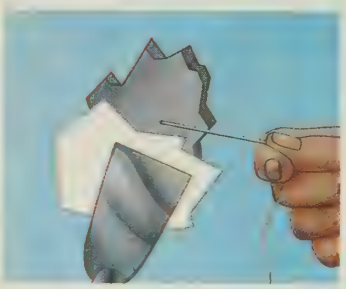


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Place the card through the hole and pull the string so it's tight against the back of the opening. Now, patch the hole with DAP Fast 'n Final— it's better than ordinary spackling because it won't shrink or crack as it dries.



With Fast 'n Final, one fill and you're finished. Cut the string flush against the wall, and you're ready for painting!

Depend on DAP



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TWO INCOMES

continued from page 32

for emergencies. Second, they wanted to save enough money within a year or so for a new car. ("I don't like to go into debt," says Ken. "I'd rather pay cash.")

Third, they hope to contribute more than half of their kids' college expenses. They already had refinanced their 30-year mortgage into a 15-year-loan because rates had dropped and



"No one is a born saver. You have to practice." —*John Hantz, Financial Planner, IDS Financial Services*

payments would be about the same. "We save $160,000," says Ken, "and the house will be paid off when college costs come due. But we'll need more."

Last, they want a comfortable retirement. "We'd like to live the same lifestyle we have now, without worrying."

A negotiated plan

Once their goals were set, John told the Deceusters to keep records of their day-to-day spending, so he could analyze where they might start to save and how they could build a realistic plan for the future. Then the hard part started.

John felt they could easily spare at least $250 a month. Mostly, that had to come out of "Miscellaneous"—a common budget catchall that covers a multitude of sins. "I told them I wanted it all," says John. "They wanted to turn over less. So we negotiated."

In the end, the Deceusters agreed to having $200 a month deducted automatically from their bank account to go into an IDS "investment installment certificate." There's a bonus if they stick to the plan: An extra 10 percent for each payment in the third year.

"They wanted to see instant results, and this is a good device," says John. "In three years, they'll have built up enough to have their emergency fund intact and still be able to invest part of the funds for more growth."

Because Maureen was no longer working, John also got Ken to supplement his company's insurance with a $250,000 universal life policy—paid by

continued on page 36



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Welcome to the magical kingdom of the Disney Miniature Collectors Club . . . a delightful fantasy world populated by all the best-loved Disney characters. Here's a collection that portrays each figure with the charm and personality that have captured the hearts of millions.

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Show off your Disney miniatures on a handsome display stand custom-designed for this collection. Attractive and affordably priced, it will be made available to members as an optional purchase (no obligation, of course).

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Please enroll me as a member of The Disney Miniature Collectors Club and send me my first miniature sculpture. I need send no money now. I will be billed upon shipment for $11.45* ($9.95 plus $1.50 shipping and handling). Or, I may choose to charge my credit card, as indicated. If I am not completely satisfied, I may return the sculpture within 14 days at your expense, and owe nothing.

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TWO INCOMES

continued from page 34

an automatic $125-a-month withdrawal from their bank account. He explained that he gets a commission, but they liked the savings factor in the policy and readily agreed. Already, they have over $2,000 in the account.

What they have learned

"I was afraid we'd have to change our standard of living," says Maureen. "But we haven't. It's just been a matter of some adjustments. We used to buy what we wanted. Now I think about needs instead of wants."

Being at home also allows her to plan and shop for meals better. "When I was working, we were living out of the Crock-Pot and shopping on the run. Now we've cut grocery costs almost in half. We're eating out a lot less, too."

Maureen takes care of a neighbor's baby for an extra $39 a week. She also earns some "mad money" (about $800 once a year) at the Minnesota State Fair. "That lets me go out with friends and pay for incidentals. I also have tons of relatives with birthdays."

For John, the best legacy is that Ken and Maureen now know how to save. "That will stay with them the rest of their lives," he says.

As for the future, new expenses loom with Joshua headed to Catholic grade school and Leah to follow soon. But the Deceusters are confident. "If there's something we want to do, we can plan for it and get it done."

Once savings build up, the couple wants to invest—probably in mutual funds. "We want stable return, and we'll get John to help," says Ken. "We know we're a long-term investment for him. As the plan progresses, he'll make more money from us, and that's OK."

THE DECEUSTERS' BUDGET

Before/after Maureen left work

	BEFORE	AFTER
Preschool	$ 512	$ 164
Mortgage insurance	28	28
Church	50	60
Savings/insurance	0	325
Miscellaneous*	600	140
Escrow**	100	100
Groceries	400	180
Local phone	13	17
Long distance	12	12
Electric, gas	107	90
Cable	38	20
Mortgage	900	884
TOTAL EXPENSES	**$2,760**	**$2,020**

Note: taxes and 401k plan contributions already deducted from pay
**entertainment, clothing, baby-sitting, etc.*
***car insurance, garbage, water*

How financial planners work

You'll find three basic formats:

- *Fee plus commission.* Like IDS (IDS Tower 10, Dept. BHG, Minneapolis MN 55440), many insurance companies, investment houses, and independent planners will set up a basic plan for $250 or more. They also earn commissions on products they sell.
- *Fee only.* Fees may run from a few hundred to several thousand dollars for a basic plan. Alternatively, you pay an annual fee—typically, 1½–2 percent of your investment portfolio.
- *Commission only.* There's no up-front charge for your plan, but you pay for each transaction.

For a list of local planners, write: The International Association for Financial Planning, Dept. BHG, 2 Concourse Parkway, Suite 800, Atlanta, GA 30328. The College for Financial Planning, Dept. BHG, 9725 E. Hampden Ave., Denver, CO 80231.



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REAR-WINDOW BRAKE LIGHTS

INSTALL ONE TO MAKE YOUR CAR SAFER

The government requires all new cars, from 1986 models on, to have a third brake light mounted in the rear window. For older cars, here's a simple, inexpensive way to reduce your odds of having a rear-end collision.

THE SAFETY POTENTIAL

Thirty percent of all accidents are rear-enders (4,300,000 a year), from stoplight "love taps" to bone - snapping, car-bending, possibly life-threatening crashes.

According to a two-year test by the National Highway Traffic Safety Administration, there was a *53-percent reduction in rear-end collisions* on cars equipped with rear-window brake lights. No wonder the government now requires these lights on all new cars built after 1985!

What's more, traffic accident fatalities are seven times more likely at night—precisely when a rear-window brake light works best.

But what about your pre-'86 buggy? Fortunately, it's both simple and inexpensive to get a third brake light into your car. Just buy a kit for $10 to $20 from a discount or auto supply store, and install the light yourself. Give the project two hours at most. One person can do the job; two make it a snap.

Alternatively, get your local garage to do the installation. It will cost from about $25 to $40.

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We just redefined state-of-the-art. We've combined our exclusive stainless steel tub with a fully electronic control panel that performs every function at the touch of a pad.

EASY-TO-USE KITS

These lights are simple devices, and the kit that you buy should reflect that fact in its instructions.

The particular third brake light kit that we installed was on sale for $9.97 complete, at the local K mart. We picked it because it looked the most like a stock Chevrolet unit (our subject car was a neighbor's 1981 Monte Carlo).

The steps, in brief:

1. Find the best place for the light—usually on the rear window ledge. If you're unsure, take a quick trip to a new car dealer, and look.

2. Drill two holes for the mounting screws, plus one for the wires. Some units use adhesive instead of screws to stay in place.

3. Feed the wires through the center hole, into your trunk. Clip or crimp these wires to your brake-light wires. Kits should provide the appropriate connectors for this job.

A small, standard test light will help you find the correct wires while someone else steps on the brakes, though trial - and - error will do.

There's no danger of shock while you're installing the light; you're playing with a mere 12 volts.

4. Use the kit-provided attachment to anchor the ground wire to the nearest exposed metal part of your car. Instructions give guidelines.

5. If necessary, trim the light's "hood," which is made of easy-to-cut plastic, to conform to the slant of your back window.

6. Test the light with the ignition on, by pressing the brake pedal. BH&G

—By Doug Stokes, a California-based free-lancer who has been writing about cars for years.

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By Gregory D. Cook



SCOTT LITTLE



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WHAT YOU CAN DO IN 5x7 FEET

Most of us are stuck with at least one small-space bath. This typical room—with tub/shower combination, single-sink vanity, and toilet—went from boringly blah to smashingly smart without adding an inch to its 35 square feet.

BRAND-NEW IN SAME SPACE

The changes include adding an exhaust fan, ceramic tile above the tub, cabinetry covered with plastic laminate, and a sliding shower enclosure. Keeping the basic layout intact saved money.

WHAT IT COST

This itemized list covers the main material expenses. Included in the labor charge are fees for interior design and subcontracting.

- Exhaust fan: $90
- Towel bar: $20
- Window: $50
- Medicine cabinet: $95
- Light fixtures (pair): $175
- Cabinetry: $440
- Sink/faucets: $220
- Shower door: $140
- Ceramic tile: $325
- Wallpaper: $90
- Miscellaneous: $300

MATERIALS: $1,945
LABOR: $2,215
TOTAL: $4,160

Design: Rick Martinez, City Design

For Buying Information, turn to page 192.

DETAILS



An exhaust fan ejects shower steam through the dormer sidewall.



Frosted glass provides light and privacy without a shower curtain.

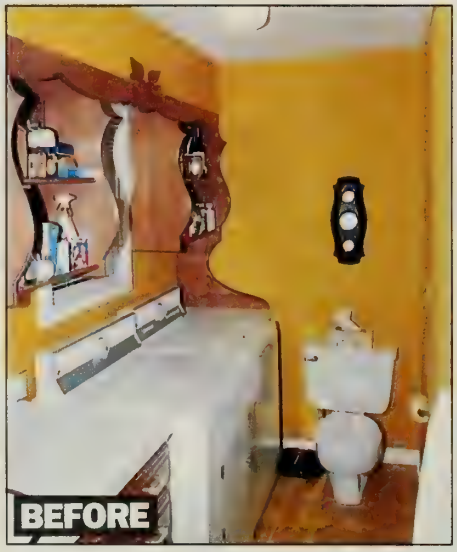


An imported medicine cabinet features a built-in rack for toothbrushes.



Inexpensive but stylish details like this plastic towel bar make a remodeling affordable.

SMALL-BATH REMODELING



FROM PLAIN UTILITY ROOM TO STYLISH FULL BATH

COMBINE USES IN ONE PLACE

Before remodeling, this 5×9-foot room housed toilet, washer, and dryer. Now, in a new configuration, the same space accommodates those fixtures plus a whirlpool tub sized to just fit the end of the room.

MORE LIGHT, NEW LOOK

A window cut into the wall above the tub pulls in daylight to brighten the room. New fixtures and features include a vanity with banjo countertop extending over the toilet, wraparound ceramic tile, and stacked washer/dryer.

WHAT IT COST

The homeowners designed this bath themselves but subcontracted the carpentry, plumbing, and electrical work.

- Washer/dryer: $750
- Vanity top: $425
- Toilet: $260
- Sink/faucets: $255
- Ceramic tile: $750
- Whirlpool tub: $2,250
- Mirrors: $585
- Linen cabinet: $300
- Blinds: $100
- Window: $120
- Miscellaneous: $370

MATERIALS: $6,165
LABOR: $3,565
TOTAL: $9,730

Design: Bruce Healy. Field editor: Barbara Jameson

For Buying Information, turn to page 192.

GEORGE JARDINE

DETAILS



Mirrors and a light box equipped with frosted glass illuminate the room.



The sink neatly separates the stacked laundry equipment and toilet.



A pullout laundry hamper is conveniently located just across from the washer and dryer.

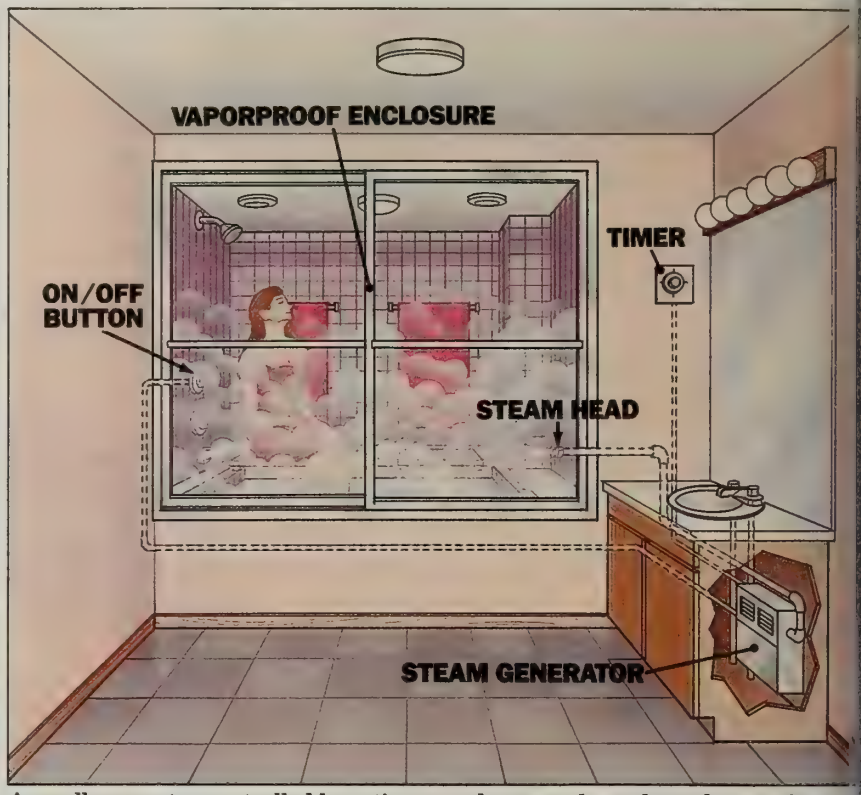
HOME STEAM BATHS

TURN A TUB INTO A SPA

Go ahead—indulge yourself. New steam generators for the home turn your enclosed tub or shower into a spa. Here's how they work, what they cost, and where to get one.

SMALL STEAM GENERATOR

A compact steam generator for home use consists of a briefcase-size water tank connected by tubing to any vaportight shower area. The generator contains heating elements that boil the water. As the pressure builds, steam is forced into the enclosed tub or shower.



A small generator controlled by a timer sends steam through a tube, turning your shower or tub into a home-based steam bath.

INSTALLATION

The first step—enclosing your tub o shower to hold the steam—could be e do-it-yourself job. The manufacture listed below sell vaportight show doors for this use. Hooking up the ge erator to electrical and water lines usually handled professionally.

The generator can be installed und your vanity or in a closet—the tube then run to your vaporproof enclosur If you're short of space in the bat room, consider mounting your gener tor in an adjacent bedroom, attic, basement. Most can be placed up to feet away from the enclosure—son can be installed as far as 50 feet awa

MANUFACTURERS

You can buy what you need for about $1,20 plus labor. For more information, contact:

Basco, 11440 Grooms Rd., Cincinnati, O 45242, 1-513/489-1900. (Supplies doors only.)

MacLevy Health and Fitness Products One Lefrak City Plaza, 14th Floor, Elmhurst, N 11368, 1-718/592-6700.

MMC Industries, 6656 Overlook Rd., Mobile AL 36618, 1-205/344-6272.

Steamist, 1 Altman Dr., Rutherford, N 07070, 1-201/933-0700.

Thermasol, 15148 Bledsoe St., Sylmar, C 91342, 1-800/423-2477.

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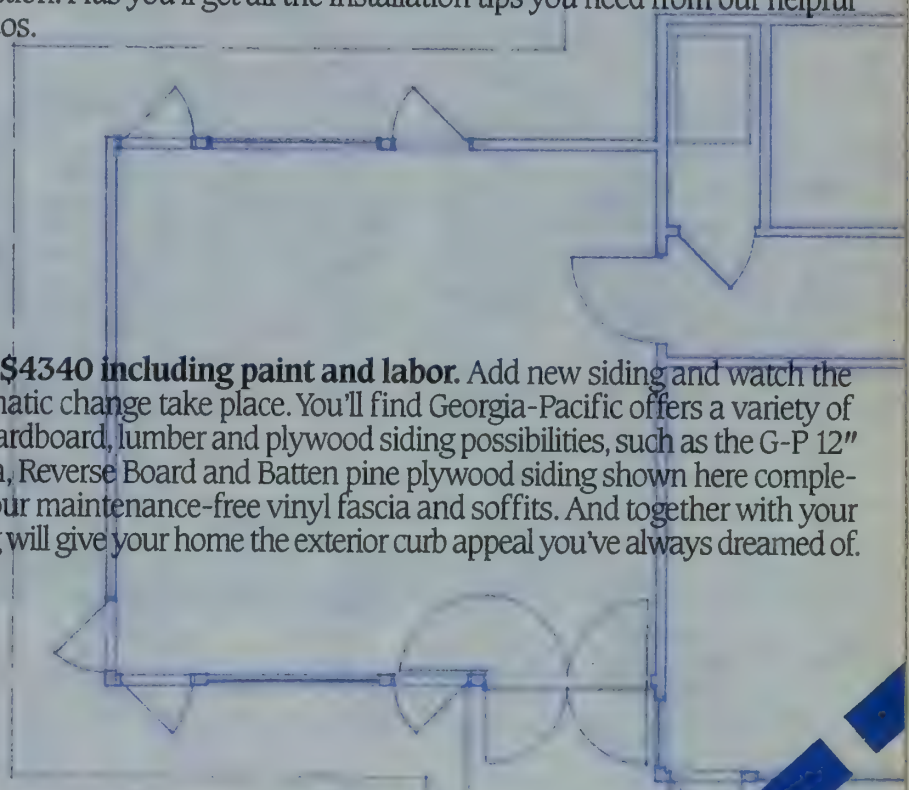
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*Materials only. Home shown has 1800 square feet requiring 14 squares of roofing, 90 siding panels.
Prices are estimates based on average regional material. The complete cost of materials will vary. Labor costs are based on estimates received in Atlanta, GA. Costs may vary from market to market. **For the location of the Registered Dealer or Home Center nearest you, call 1-800-447-2882 (except from Alaska and Hawaii). In Illinois, call 1-800-[illegible]. Can Build On Our Name is a trademark of Georgia-Pacific Corporation.

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$600* **or only $1400 including labor.** A new roof gives your home long-lasting protection from the elements and can add beauty as well as value to your home, all for less than you'd think. You'll find a whole world of roofing shingle options from Georgia-Pacific, such as our Summit® high quality fiberglass architectural shingles that offer the classic look of wood shakes but with Class "A" fire protection. Plus you'll get all the installation tips you need from our helpful brochures and videos.



$1440* **or $4340 including paint and labor.** Add new siding and watch the dramatic change take place. You'll find Georgia-Pacific offers a variety of vinyl, hardboard, lumber and plywood siding possibilities, such as the G-P 12" O.C. pattern, Reverse Board and Batten pine plywood siding shown here complemented with our maintenance-free vinyl fascia and soffits. And together with your new roof, G-P siding will give your home the exterior curb appeal you've always dreamed of.

$1700* **or $2950 including labor.** A new entry way is the crowning touch to go with your new roof and siding—a graceful porch beautifully integrated with the facade.

So there you have it—three great ways to take your home from Now to Wow. And today, Georgia-Pacific makes reroofing and siding even easier, with our "how-to" videos—"Siding—Your Guide to Vinyl Siding Installation" and "Roofing—Your Guide to Reroofing Your Home," colorful 32-page brochure, "Reroofing and Residing Your Home" and our helpful "Classic Porch Design" booklet. These materials offer planning aids, how-to instructions and suggestions to make your project go as smoothly as possible. Simply complete the attached coupon and mail today. Enclose $15.00 for each video or $3.00 for the brochures.

HERE'S HOW:

Please send me the details on how to give my house a fresh new look with G-P roofing, siding and porch design ideas. Plus my $3.00 off coupon good on any Georgia-Pacific building product from a Registered Dealer or Home Center.** I am enclosing a check or money order payable to Georgia-Pacific in the amount of:

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or $15.00 for the "Roofing—Your Guide to Reroofing Your Home" video (VHS only), plus the "Reroofing and Residing Your Home" brochure and "Classic Porch Design" booklet.

or $3.00 for the "Reroofing and Residing Your Home" brochure, and the "Classic Porch Design" booklet.

Name

Address (No P.O. Boxes)

City

State

Zip

Send to: Georgia-Pacific, Dept. BH&G-FC7, P.O. Box 2808 Norcross, Georgia 30091-9990.

LOW-VOLTAGE OUTDOOR LIGHTING

SAFE, SIMPLE, INEXPENSIVE

By Gregory D. Cook

Why pay an electrician to extend regular house current to outdoor lights when you can install a low-voltage system yourself for less than $100? It's the low-tech way to go, easy to hook up and simple to operate.



PHOTOGRAPHS: MITCH KEZAR

Outdoor lights provide beauty, safety, and security.

A BRIGHT IDEA

Low-voltage lighting is much simpler to install than a system that uses regular house current. The secret is in the transformer (sometimes called the power pack); it steps the current down to a mere 12 volts. Few of the code restrictions that apply to 120-volt systems apply to low voltage, so you can set it up without the help of an electrician.

You simply plug a transformer into a standard 120-volt receptacle and run lightweight cable to fixtures that you spike into the ground. You can safely bury the cable just a few inches below the surface. No special conduit or connectors are required.

TRANSFORMERS/TIMERS

Transformers usually include a timer that will automatically turn your yard lights on and off. Some operate on a photo control like a streetlight: a sensor automatically turns on the lights at dusk. Other transformer/timers operate strictly according to the on and off times you preset. The least expensive types have just a switch that you operate manually.

STYLES YOU CAN BUY

- **Floodlights** illuminate broad expanses of your house or yard. New halogen bulbs provide a more intense light than regular bulbs.
- **Walk lights** throw a pool of light on the ground in a circle. You can broaden or decrease the size of the circle by changing the height of the mounting stem.
- **Hanging fixtures,** usually shaped like a tube and perforated, send out sparkles of light for special effect. They are used for accent.
- **Well lights** are cylinders buried in the ground, often beneath trees or shrubs, to illuminate the underside of the leaves.

FOR MORE INFORMATION

TORO HOME IMPROVEMENT
5300 Shoreline Blvd., Dept. BH
Mound, MN 55364

MALIBU/INTERMATIC, INC.
Intermatic Plaza
Spring Grove, IL 60081

FOUR STEPS TO A QUICK INSTALLATION



PLUG IN THE TRANSFORMER
Hang the box near an outdoor electrical outlet, making sure the photosensor "sees" daylight.



CLAMP FIXTURES TO CABLE
Run the cable to where you want light, then clamp on the fixtures so the prongs make contact.



SPIKE INTO THE GROUND
Loosen the dirt with a shovel if need be, then push the base into the ground to the height desired.



COVER THE CABLE
Bury the cable with enough dirt to keep it hidden from sight and lawn mower blades.

GO FOR THE GOLD

You come out way ahead when you get a Lennox Pulse gas furnace. Because you not only save big on home heating costs, you get the security of the Lennox limited Lifetime Warranty.*

In fact, unique Pulse technology has proven to be so reliable, Lennox is making this warranty retroactive to every Pulse furnace ever sold.

There's never been a warranty like this before. But there's never been a furnace like the Pulse before. It's even earned the Good Housekeeping Seal of Approval.

Since 1981, hundreds of thousands of Pulse furnace owners have been enjoying reliable comfort plus substantial energy savings.

If you, too, want performance you can depend on every winter to come, call your Lennox dealer.

*Covers replacement of heat exchanger parts and applies to original buyer.



Take it from Dave Lennox:

You'll enjoy a lifetime of comfort and savings with the Pulse™ gas furnace.

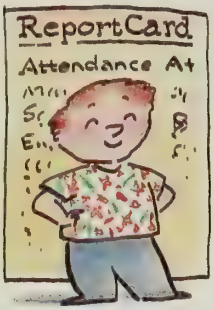




NEW THINKING IN AMERICA'S SCHOOLS

DOES YOUR SCHOOL DISTRICT OFFER THESE PROGRAMS?

By Mary Conroy

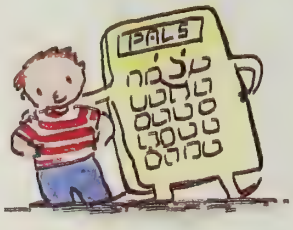


TRIMMING SCHOOL TRUANCY

Schools nip the dropout problem where it starts: with cutting class

The St. Louis Public Schools found that personal contact with students is the best way to keep students in class, says Dr. Rufus Young, assistant superintendent. Each student in Project STAY was given an adviser who acted as the student's mentor, keeping tabs on the teen's behavior, homework, and attendance.

Rewarding attendance also worked. Popular rewards included outings, money, free periods, and jobs at school.



CALCULATORS ADD UP

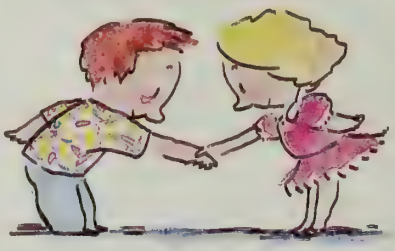
Research shows math gains

Calculating kids take more than pencils to math class. The Chicago Public Schools now give calculators to grades 4–8. More than 70 studies have shown that skills improve when kids use calculators with traditional instruction, says the National Council of Teachers of Mathematics.

For the free pamphlet, "Using Calculators to Improve Your Child's Math Skills," send a self-addressed, stamped envelope to: National Council of Teachers of Mathematics, Dept. BHG, 1906 Association Dr., Reston, VA 22091.

SILENCE ISN'T GOLDEN HERE

Schools teach social skills



New subject: making friends.

Teachers in your day may have said that mum's the word, but now schools are actually teaching kids to start conversations. It's all because of research revealing that many children lack the skills needed to get along with adults as well as with peers.

Although experts first focused on handicapped students with poor social skills, Dr. J. Stephen Hazel of the University of Kansas says that many nonhandicapped kids also lack social skills.

Some experts say social problems result from frustration over school failure. Others say that the traits causing failure—such as poor language skills—cause social problems.

As a result, many schools now teach social skills. Lessons include making friends and resisting peer pressure.

MOVING? FIND A SCHOOL FIRST!

Computers as school sleuths

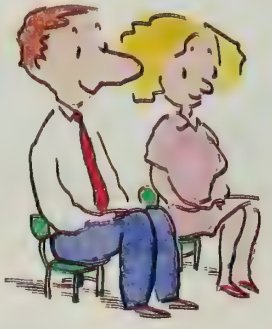


When you relocate, finding good schools can be frustrating. But School Match can help.

The process starts with a survey of your preferences in schools. Some 22 factors—from school size to special education—are considered.

For $97.50, School Match then returns a printout of schools in the area. The service won't judge school quality, but will show how well each school district matches your expectations.

For more information, contact School Match at 614/890-1573.



Schools need YOU.

HELP WANTED: PARENTS

Thumbs up for parent involvement

If the principal calls, don't panic. You may get invited to a teacher workshop.

It's just one way to get parents involved with the schools. Studies have consistently linked academic achievement to parent participation in school activities. As a result, more schools are recruiting parent volunteers, using parents as tutors, and including parents in decision making.

continued on page 54

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NEW THINKING IN AMERICA'S SCHOOLS

continued from page 52

PEER EARS: KIDS LISTEN UP

Kids set up shop as counselors

Schools alarmed by drug use are fighting back with a preventive approach: listening. Because kids are more likely to confide in other kids than in adults, some 400 schools are using peer counseling, says the National Peer Helpers Association.

Most programs train peer counselors through role playing. Teens say that offering counseling is satisfying and enhances their own friendships, too.



A peer provides a listening ear.

For information, write to: National Peer Helpers Association, San Francisco Peer Resource Center, Dept. BHG, 1950 Mission Street, Room 7, San Francisco, CA 94103.

READING, WRITING, AND REASONING

Rote learning out, thinking skills in

Don't be surprised if your child suddenly starts winning arguments with you. Pressure from business leaders has led several states to include thinking skills as a routine part of the school curriculum. Typical lessons include drawing conclusions, making inferences, and checking answers to see whether they make sense.

Although teachers once considered thinking skills appropriate only for their brightest students, recent research shows that all students can benefit from the subject.

KIDS PITCH IN FOR CREDIT

Schools stress the value of service through volunteer projects



When you read your child's next report card, you may see a grade for a brand-new subject: public service. According to a Carnegie Foundation survey, over 70 percent of high schools offer volunteer projects. In Atlanta and Detroit, all high school students must perform some community service to graduate. Administrators there say that school is the best place to teach teens a sense of responsibility. Other officials say the programs build self-esteem and a feeling of belonging.

continued on page 56

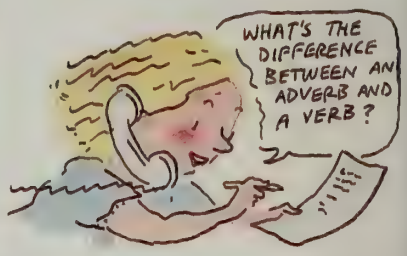

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GOT A GRAMMAR GRAPPLER? HERE'S HELP!

Dial "P" for plurals



Do adverbs addle your daughter? Is your son confused by conjunctions? Are participles dangling before your eyes?

Grammar nerds, take heart: help is only a phone call away. Across the country, some 40 separate hot lines will answer your questions about split infinitives and reflexive pronouns.

Most hot lines are run by college English departments, where teachers and graduate students field calls from secretaries typing letters as well as from kids writing book reports. Typical queries? *Who* and *whom, which* and *that, except and accept.*

For a directory of hot lines, send a stamped, self-addressed business envelope to Tidewater Community College Grammar Hotline, 1700 College Crescent, Virginia Beach, VA 23456.

NEW THINKING IN AMERICA'S SCHOOLS

continued from page 54

LEGISLATIVE UPDATE

Laws protect disabled children



Congress has been watching out for America's kids. New legislation helps those who need it most: handicapped infants and toddlers.

Until recently, the federal laws granting special education to handicapped children covered only those from ages 5 to 21. But as a result of the new legislation, handicapped children from ages 3 to 21 have the right to a free individualized public education.

All 50 states also are planning programs for handicapped infants. Teaching them in the cradle reduces the need for institutional care later, experts say.

For information on infant programs, contact your governor's office.

SNUFFING OUT SCHOOL SMOKING

Schools go smoke free

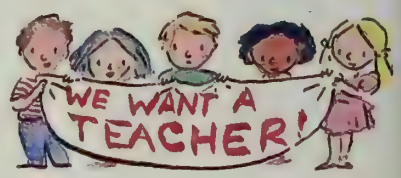
Students who run out for a quick drag between classes are now more likely to find disapproving teachers on their tails. And that's a big change from the '70s when schools tolerated student smoking in certain areas.

According to the National Association of School Boards, 10 percent of all school districts have "smoke-free" policies that ban student and staff from smoking anywhere on campus. The move comes in response to the Surgeon General's call for a smoke-free graduating class by the year 2000.

Many districts offer clinics to struggling smokers, but Milwaukee's Nicolet High School uses something new: biofeedback. Students test themselves before and after smoking to see the immediate effects of smoking. The American Lung Association says that teens who smoke don't consider such problems as lung cancer, because the illnesses are so far in the future.

SCARCE SCHOOLTEACHERS

Bilingual programs most hurt



The empty desk in that classroom may not be a student's. Many areas have teacher shortages, but southeastern, mid-Atlantic, and western states are especially hard hit.

Some experts say there is no shortage, but just try telling that to kids who need bilingual education teachers. About 84 percent of bilingual jobs go begging, says the National Education Association. Many math, science, and special education jobs are also vacant. The baby boomlet, low pay, and eroding status of the profession are all blamed for the shortage. To cope, schools have hired substitutes, increased class size, and granted emergency licenses. BH&G



nity top of Sierra Midnight with inlay of Sierra Dusk, first in the CORIAN Designer Collection

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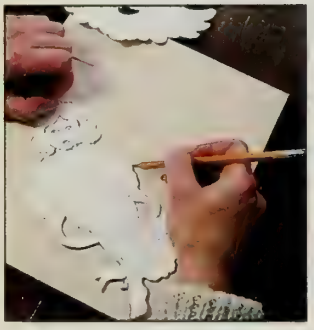
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DUPONT

WOOD APPLIQUÉ ART

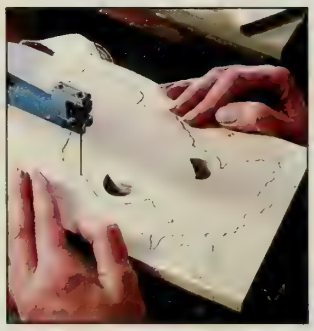
Meet Lillian Renko Bledow, who creates heirloom ornaments from delicate layers of wood.

By Jim Williams



DRAWING

Once the basic sketch has been determined, Lillian transfers each shape of the design to wood, positioning the figure so that the face lies on an area of little grain.



CUTTING

Lillian cuts each wood piece with a jigsaw. For inner cutouts of the design, she drills a hole inside the line and slips the blade through, then cuts out the desired shape.



PAINTING

Using washes of acrylic paint, Lillian colors each piece. Highlights and shadows create an artistic quality, but flat color areas work as well and take a less skilled hand.



INKING

When paint is dry, Lillian outlines and shades colored areas, adding details with an artist's pen and black ink. Afterward, she lightly finishes the wood.

HOW-TO INSTRUCTIONS BEGIN ON PAGE 60.

Buying information, 192.

Try your hand at Lillian's wood appliqué technique. We've included step-by-step instructions for making her Victorian angel and doll ornaments.

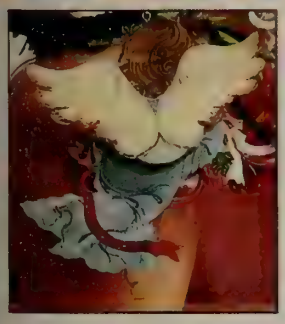


Lillian produces her figures professionally, but encourages you to make your own versions.



Here are three of Lillian's latest designs: "St. Nicholas," "Rocking Horse," and "Summer Wreath."

PHOTOGRAPHS: OPPOSITE, SCOTT LITTLE. OTHERS, PERRY STRUSE



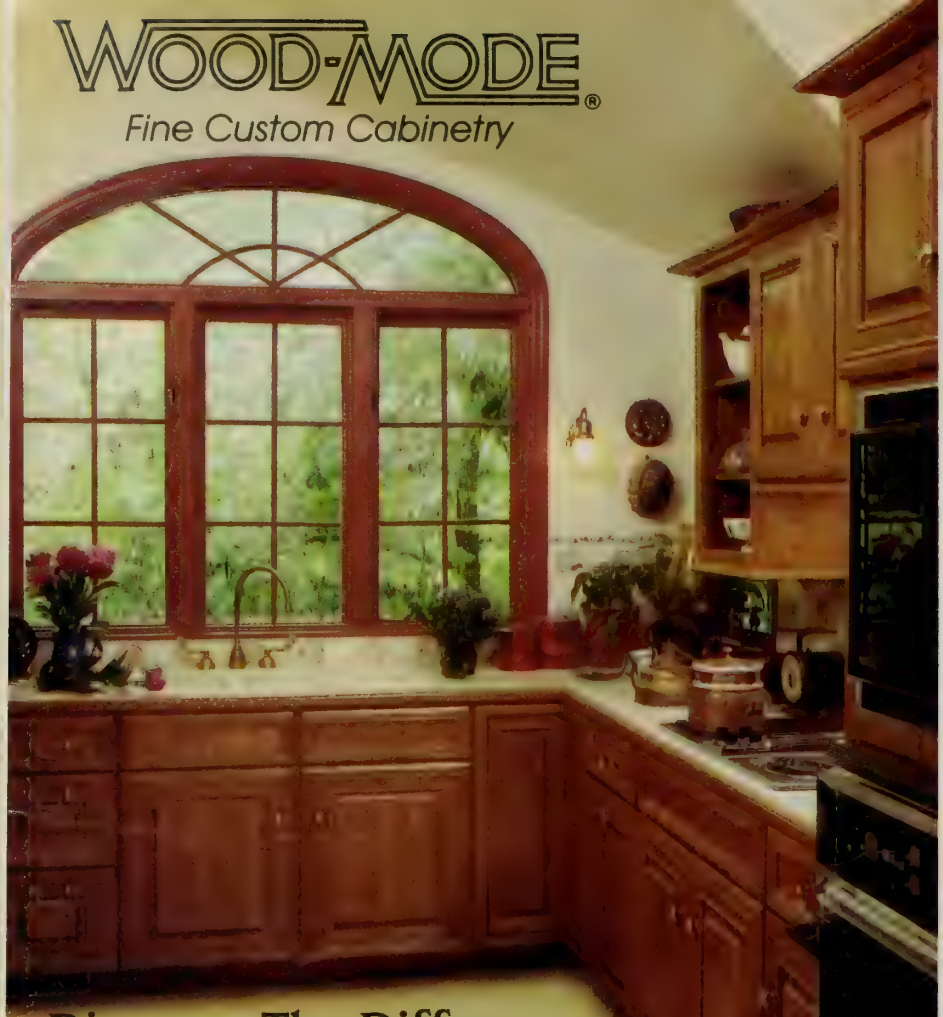


WOODEN WORKS OF ART

Using wood, jigsaw, and paint the way many women use fabric, needle, and thread, Lillian layers intricate cutouts into appliqué figures. As with fabric appliqué, much of the beauty comes from attention to detail. The backs of Lillian's works are as generously detailed as the fronts, creating three-dimensional figures. Whether you craft the projects as Christmas make-aheads or as ornaments to be used throughout the year, they'll become treasures.

TO ORDER FULL-SIZE ANGEL AND DOLL PATTERNS, PAGE 88.

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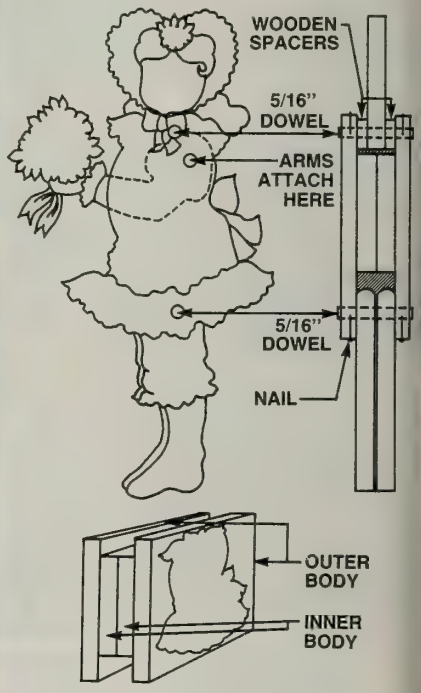
continued from page 59

VICTORIAN DOLL, page 59

To order Victorian Doll project plan, see page 188.

Materials: ⅜- and ¼-inch basswood (available in hobby and crafts stores); fine sandpaper; wood sealer; acrylic paints in desired colors; artist's brushes; permanent black ink and pen; high-gloss acrylic finish; 3 in. 5/16-in. wooden dowel; No. 8×¾-in. flathead brass screws; No. 16×½-in. brass nails; wood epoxy; jigsaw.

DOLL BODY ASSEMBLY



Instructions: Enlarge pattern on *page 62* to full-size. Cut two 6½-in. squares for outer body and two 3¼×6½-in. pieces for inner body from ⅜-in. wood. Glue inner bodies together; let dry. Glue inner body to outer body sections, centering it to form a four-layer sandwich (see diagram, *above*).

Trace body pattern on *page 62* onto outer sections; cut. Drill 5/16-in. holes in collar and skirt ruffle. Drill pilot hole in each side of body where arms will attach with screws. Sand, apply sealer.

Trace and cut head, arms, and legs from ⅜-in. wood; trace and cut flowers from ¼-in. wood. Sand. *Note:* Surface of legs should be sanded to allow them to move back and forth freely in the space at the bottom of the dress when assembled. Apply sealer.

continued on page 62



NOW ON SALI

The New Generation of Easy-Care

BRUCE
HARDWOOD FLOORS

Hardwood floors have changed. They're better than ever. More beautiful, more affordable, and easier than ever to care for.

Easy-Care Oak Flooring

The new Bruce finishes make floor care a snap. In fact, the new generation of Bruce floors are just as easy to care for as any other floor covering.

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Bruce makes floors for most any budget. Floors that add beauty, excitement and value to your home. Value that lasts. Beauty that endures.

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Do you have something to hide?



Willow Square tile

Armstrong ceiling solution #23

Instead of plastering and replastering cracks in your old ceiling, cover them once and for all with an Armstrong ceiling. Our Easy Up® Installation Kits make an Armstrong tile ceiling easy to install. And many Armstrong ceilings are acoustical. They spruce up a room *and* help keep the noise down.

For free literature, including "49 Armstrong Ceiling Solutions", and the name of a nearby Armstrong retailer, call us at 1 800 233-3823 and ask for Dept. 7ARBH.

Armstrong
so nice to come home to™

continued from page 60

Drill 5/16-in. hole in neck and legs where indicated. Drill 3/16-in. hole through top of each arm.

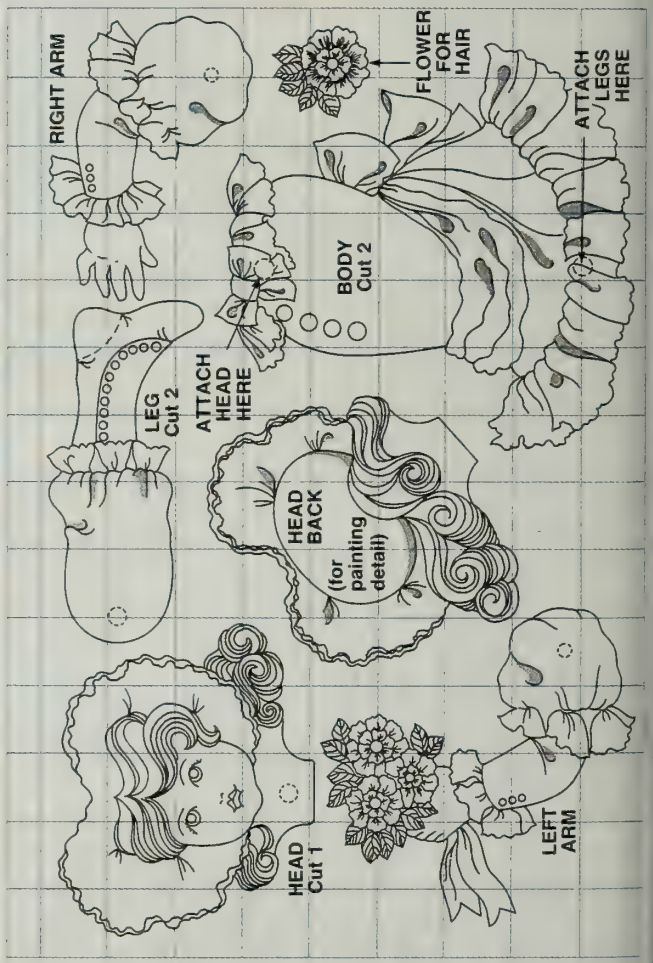
Transfer details to all pieces. Paint with acrylics using photograph on *page 59* as a guide. When dry, pen-and-ink details; coat pieces with acrylic finish.

To assemble, trace 2 penny-size spacers onto ¼-in. wood. Before cutting, drill 5/16-in. hole in centers. Sand inside holes of neck and ruffle so parts can rotate on dowel.

Cut dowel in half; apply sealer. Position head with a spacer on each side in slot at top of body (see diagram, *page 60*). Insert a 1½-in. length of dowel through layers. Position legs at skirt; insert a 1½-in. length of dowel through layers. Drill pilot holes and insert tiny brass nails into collar and ruffle edges to secure dowels. Paint all dowels to match doll. Attach arms with brass screws; glue flower to hat.

VICTORIAN DOLL

1 Square = 1 Inch



VICTORIAN ANGEL, page 59

To order Victorian Angel project plans, see page 188.

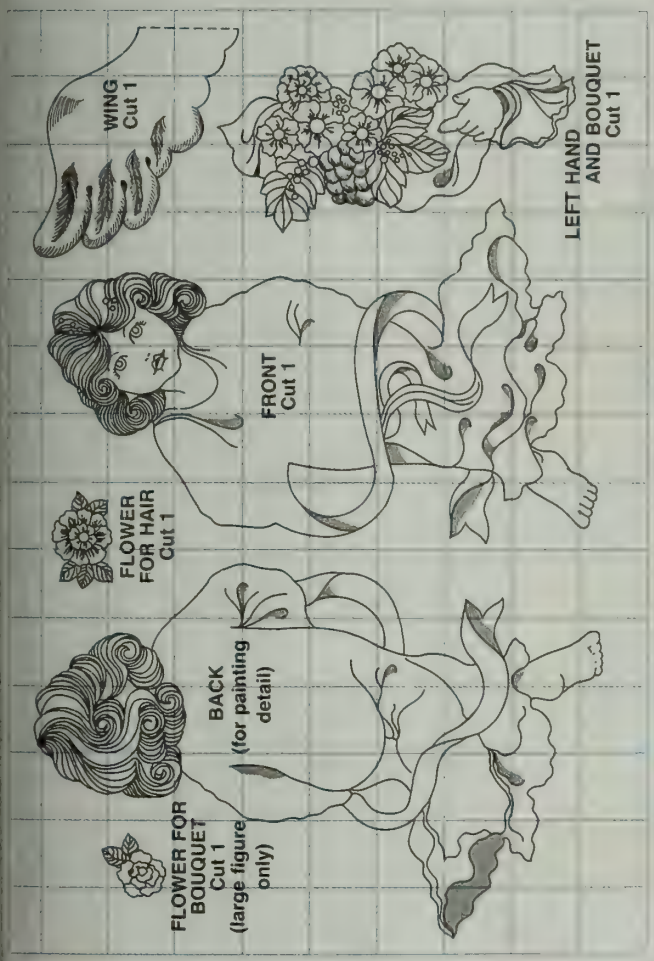
Materials: ⅜-and ¼-in.-thick basswood (available in hobby and crafts stores); fine sandpaper; wood sealer; acrylic paints; artist's brushes; permanent black drawing ink and pen; high-gloss acrylic finish; small screw eye; wood epoxy; jigsaw.

Instructions: Enlarge pattern *(below)* to size desired. Trace angel onto ⅜-in. basswood; trace flowers, wings, and bouquet onto ¼-in. basswood. Cut out and sand all pieces with a medium grade, then a fine grade sandpaper. Drill a pilot hole at the top edge of the angel's head; insert a small screw eye into the hole for hanging. Hang with narrow satin ribbon or cord as desired.

Seal each piece with wood sealer according to manufacturer's directions; let dry thoroughly. Trace details onto cutout pieces. Paint with acrylics using photograph on *page 59* for color ideas and painting tips described below.

When dry, outline details with black ink and fine-tip artist's pen. Glue bouquet, wings, and small flowers in place, referring to photograph on *page 59*. When set, coat lightly with high-gloss acrylic finish. Hang to dry.

VICTORIAN ANGEL
FOR SMALL ANGEL 1 Square = ⅝ Inch
FOR LARGE ANGEL 1 Square = 1 Inch



Painting Tips: Use high-quality acrylic paints and fine artist's brushes available at crafts and art supply stores.

Mix small amounts of color to a creamy consistency by adding a few drops of water.

To create highlights, paint color onto the surface, then brush over wet paint with water to dilute, adding more paint to create shadows where desired.

Want to lighten your work in the kitchen?



Royal Oak panel

Armstrong ceiling solution #49

A lot of light, right where you want it. That's what an Armstrong suspended ceiling gives you. Fluorescent fixtures can be built into the ceiling to brighten up kitchen work areas. And many Armstrong designs are washable and fire-retardant, ideal features in a busy kitchen.

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Discover an ultra light

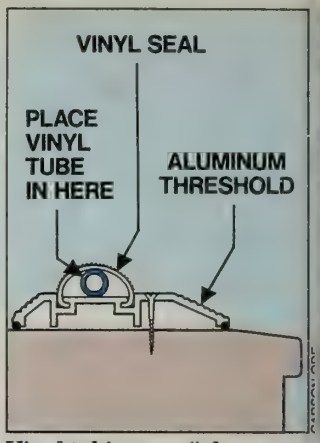

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SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.
© Philip Morris In



THRESHOLD RESTORATION

● The vinyl seal in aluminum thresholds can sometimes lose its fullness. This allows air to pass under the door and may cause inefficient energy use. To restore fullness, take the threshold up and run a vinyl tube under the seal for the length of the threshold. Vinyl tubing in various sizes is available at most hardware stores.

E. Miller, Fla.



Vinyl tubing can "plump up" a sagging threshold.

SEND US YOUR TIP

Mail your handy discoveries for household and garden tips or your favorite shop shortcuts to: Tips, Tools, and Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336.

We pay $25 for each new idea we accept for possible publication in a future issue of *Better Homes and Gardens* magazine. If we buy your tip, you give Meredith Corporation the right to edit and use the idea for as long as we wish. We will acknowledge all letters, but we can't return them; we don't accept previously published ideas. BH&G

BUILDING

TIPS, TOOLS AND TECHNIQUES

This is your column. It's the best of household tips and shop shortcuts that you do-it-yourselfers have discovered. Send us your tip. We'll send you $25 if we publish it! See the box below for details.

LITTLE GRIPPERS

● Textured rubber gripper pads for removing tight lids in the kitchen can be used to unscrew lots of things around the house. Cut an inch-wide strip from one of these pads with heavy-duty scissors. Then cut small squares from the strip. Use these small grippers on those little screws that hold glass shades to light fixtures. They will also work well on air conditioning and heating filter vent screws.

V. Jacomb, Nev.

SCARECROW SNAKE

● If you're bothered by the noise and mess of roosting birds, try this idea: Cut off a 6-foot section of old garden hose. Paint it with bright colors to resemble a snake. Be sure to include black dots to resemble eyes on the head. Wind this "snake" around one of the lower branches of any tree that has been adopted as a roost by starlings or other undesirable birds. The birds will complain, but within a day or two, they'll select another site for their roost.

M. Milhaus, Iowa



TOP DECORATORS GIVE TIPS



In *Decorating Your First Apartment*, by Karen Fisher, 10 top decorators solve common home decorating problems.

SET A BUDGET

● **Cost**—Assess how much you can afford to spend, and decide what elements (new carpet or a new sofa, for example) are most important to you.

● **Time frame**—Do you want your home finished all at once, or for budget considerations, do you need to spread out the decorating over a period of months or even years?

CHOOSE WALL COLORS

● **Paint**—Because it offers such a wide choice of colors, is inexpensive, and easy to use, paint is a terrific decorating bet. Two hints from the book on choosing paint color:

1. Always use a color on the wall, rather than pure white. "Even the lightest pastel will add warmth to a room," says designer Stanley Hura.

2. Hura advises restraint, recommending that you use less color and a less-intense shade than you think you need. "Pick out a shade that you think you like, and then use a shade that is half as intense," he says.

PICK FLOOR COVERINGS

● **Carpet**—"As a general rule, carpet should be in the same color family as the wall color," says Hura. "By unifying the two largest elements in the apartment, the room will seem larger."

● **Area rugs**—Use area rugs when you want to define a certain spot. Because they also break up the floor space, area rugs can make a room seem cozier and warmer.

Decorating Your First Apartment, *Karen Fisher, Ballantine Books, $9.95.* BHG





The magical window nook is one delightful way Pella Windows make an ordinary space into someone's favorite place. Easy washing from indoors and exteriors that need no painting help make your home a better place to live. See lots of magical ideas, only at your Pella Window Store. Find us in the Yellow Pages under "Windows."

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Mail to: Pella Windows and Doors, Dept. CO1J7, 100 Main Street, Pella, Iowa 50219. Also available throughout Canada. ©1986 Rolscreen Co.

Announcing the first...

Hummel Gold Christmas Ornament Collection



Sunny Weather



Chick Girl



The Runaway



Apple Tree Boy



Telling Her Secret

- 24kt gold finish frames.
- Hummel paintings in full color.
- Each ornament hallmarked, dated and registered.
- Hummel art on both sides.

Ornaments shown ac

The world's first collection of ummel Christmas Ornaments, available exclusively from The Christmas Ornament Collectors Club.

ORDER NOW To Receive Your First Ornament In Time For This Christmas!

Behold the magic of Sister M.I. Hummel– pearing for the first time *where in the world* in a col- tion of heirloom Christmas aments. Now, you can own lorious, gleaming array of mmel ornaments–a heart- ming way to trim your tree l make the holidays come e with color and cheer! ey are available exclusively n The Christmas Orna- nt Collectors Club – they not be sold in stores. This ited availability makes the aments even more impor- t and highly desirable!



The beloved art of Sister Hummel so perfect for the holiday season!

e purpose of Sister Hum- 's art is simple and sincere; to cheer the hearts of millions! r children are famous around the world – universally rished for their rosy cheeks, angelic smiles, and color- Old World costumes. There couldn't be a better way to ghten the happiness of the holidays.

The most popular Hummel paintings of all time!

e very convent in Bavaria where Sister Hummel created beloved art participated in the development of this col- ion. The paintings are Hummel's most popular, most rming and enduring works. Now they can be displayed your tree!

ach painting will be lithographed in full color and inated for protection and beauty. The Hummel paint- will appear on both sides of the ornament, so you can the artwork from any direction.

Unique filigreed frames finished in 24kt gold

h ornament will be unique – no two are alike. Each ne will be individually filigreed to match the theme of painting and enhance its beauty. Notice the delicate els and candles on the frame of the *Praise to God* orna- nt and the fanciful baby chickens featured on the frame he *Chick Girl* ornament.

ach individual frame will be finished with a full micro-inches of gleaming 24kt gold. And each orna- nt will come with a graceful golden cord for trimming r tree.

Reserve today at a favorable price

As a subscriber to this exclusive collection, you will receive an ornament each month. Your original issue price of just $16.50 per ornament is guaranteed for all thirty-six ornaments in the collection, and you will be billed with each shipment or, you may charge each ornament, as shipped, to VISA or MasterCard.

Each ornament will be individually hallmarked, dated and registered. In addition, a fascinating narrative about the Hummel painting will accompany each ornament. An attractive chest will also be furnished at no extra charge so you can store and protect your collection. Your children, grandchildren, and their children will enjoy the magic of these cherished ornaments. Like Christmas itself, this glorious Hummel art will live forever!

Hummel Art © 1987 ARS Edition

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RESERVATION APPLICATION

The First Hummel Gold Christmas Ornament Collection

The Christmas Ornament Collectors Club
14 Finance Drive
Danbury, Connecticut 06810

Guaranteed shipment in time for Christmas delivery for all orders received by November 2, 1987.**

Please accept my reservation to *The First Hummel Gold Christmas Ornament Collection*, a collection of thirty-six Christmas ornaments, featuring the artwork of Sister M.I. Hummel displayed in gleaming 24kt gold finish frames. The cost of each ornament is just $16.50*.

I need send no money now. I understand that I will receive one ornament per month. Any ornament that I am not satisfied with may be returned within thirty days for a replacement or refund, and this subscription may be cancelled by either party at any time.

*Plus $1.50 for shipping and handling.

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PLEASE PRINT CLEARLY

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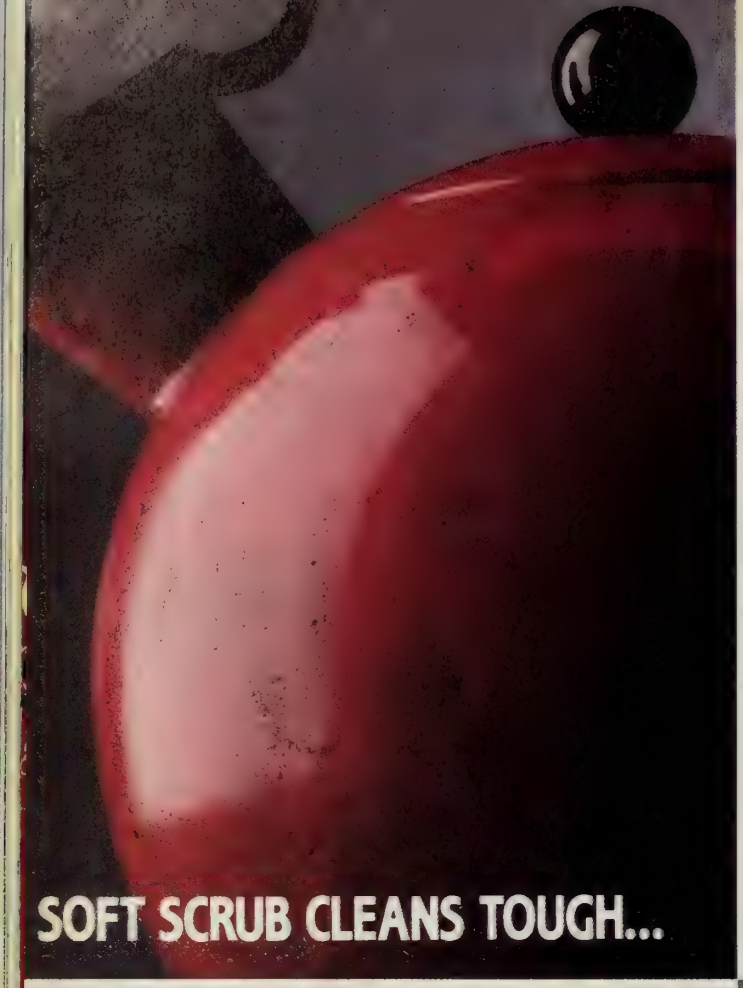
☐ Check here if you want each ornament charged to your:
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Credit Card Number Expiration Date

Signature _____

**Allow 8-12 weeks for orders received after this date.

Z-373



EQUIPMENT

NEW DISHWASHERS

THE OPTIONS YOU NEED, THE OPTIONS YOU DON'T

Faced with a price spread of several hundred dollars between low- and high-end machines, how do you decide where to put your money? The most obvious distinction involves dishwasher controls. Here's how to match up your needs with what's available.

TAKE CONTROL

Shop for a new dishwasher and you'll find that most machines look about the same—except for their control panels. You might be surprised to learn that a dishwasher with more controls won't necessarily do more work than one with fewer controls.

Are all those fancy control buttons and touch pads really worth the money? Some push buttons merely select functions controlled by the dial on a lower-priced model; others offer features your family might rarely, if ever, use. For example, you may consider the plate-warming function (see the chart, *above right*) a luxury you can do without, while the pots-and-pans soaking function may be worth the extra cost.

We've assembled this buying-information chart to help you decide which extra controls make sense for your family.

BUYING INFORMATION

CONTROL	FUNCTION
ENERGY SAVER	Saves electricity by permitting the dishwasher fan to circulate air during the drying cycle, but with the dryer element cut off. Your dishes take longer to dry, but the energy savings makes this control very desirable.
RINSE HOLD	Allows you to rinse a partial load so the food doesn't dry on dishes before you run a full cycle later. You can also use this control to rinse a full load that you want to wash after your guests leave.
POTS AND PANS	Soaks the load to soften food before regular washing. This control saves energy, too, because it uses less hot water than you would by scrubbing items by hand. Consider this feature a must, unless you've found a way to cook without pots and pans.
CHINA/ CRYSTAL	Aerates the water to soften its force. Only a few companies offer it, however, and your china and crystal will probably be safe at the normal setting.
PLATE WARMER	Uses the drying element to preheat dishes for serving hot foods. This is one control you can pass by. If you want to warm plates in the dishwasher, turn off the energy-saver switch and turn the dishwasher to drying.
DELAYED START	Programs your dishwasher to start automatically up to nine hours later. This feature could save you money if your utility offers a discount for electricity used in off-peak periods. It's expensive, however, and you can accomplish the same thing manually with rinse hold.



New Stove Top Select. Because everything in it is.

Now Stove Top® selects the most tasteful ingredients to create exquisite varieties of dressing. Like the sweet, crisp carrots, red bell peppers and crunchy almonds you'll find in our Vegetable & Almond. Or the home-style corn bread, golden honey and choice pecan pieces in our Honey Pecan Corn Bread. And they're all ready in just 15 minutes.

Dressing with select ingredients for people with selective tastes.

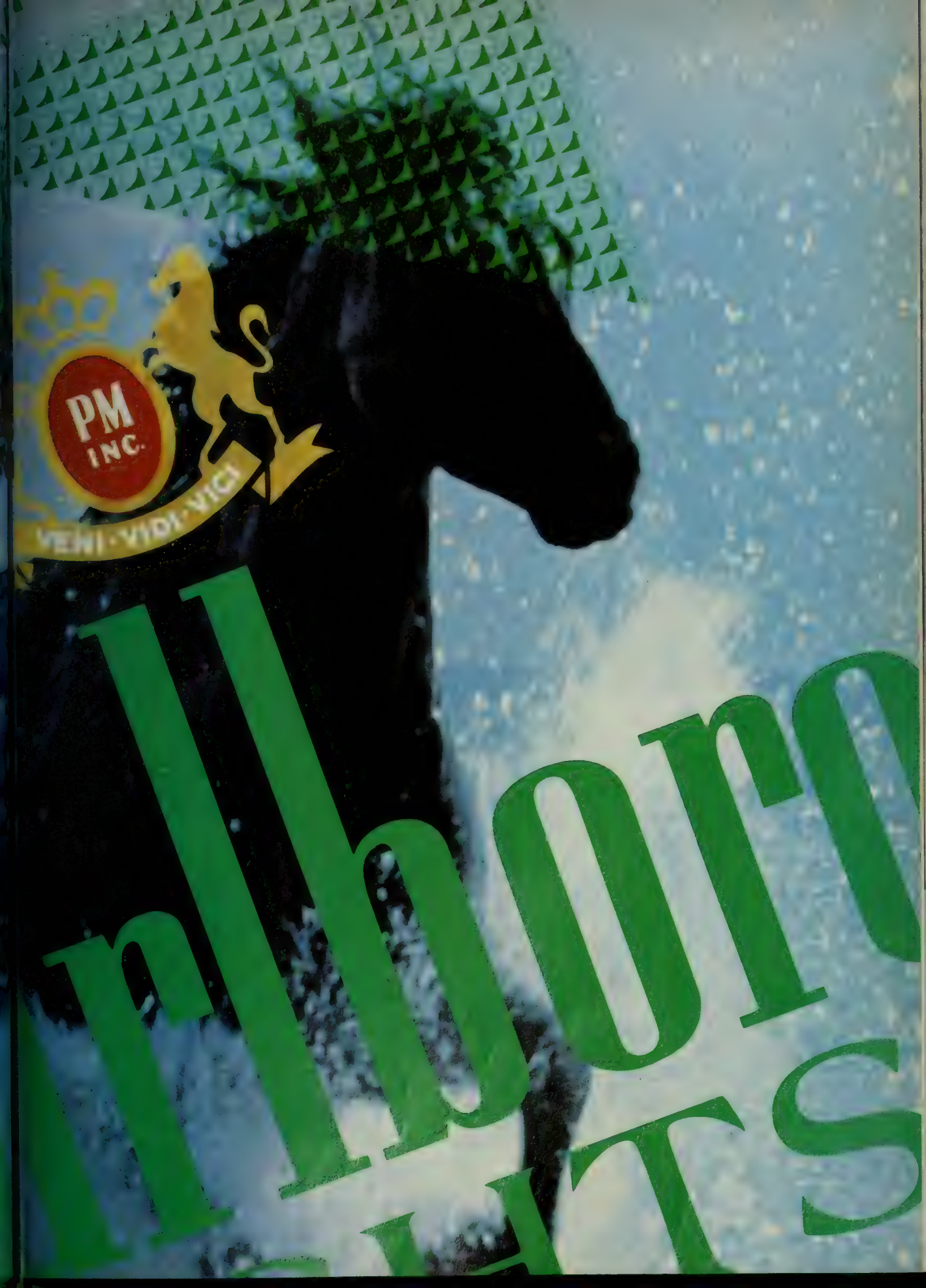
Stove Top Select Dressing.



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JUST OUT!

WHAT'S NEW IN HOME ELECTRONICS

By Tom Jackson and Nancy Hall

•ABOUT THESE PRODUCTS•

Check your favorite stores for these new and helpful products, or write to the manufacturer for a list of retail sources near you. Please don't send a check or request an order form from the company. The suggested retail prices listed may vary by store and area of the country.







TELL IT TO THE TV, KIDS

A preschooler's computer

Plug in the four-button Videosmarts computer, put a lesson tape into a VHS VCR, and your children can interact with the television. Cassettes use puppetry, animation, and music to ask questions, respond to answers, and teach children aged 3 and up.

Videosmarts, about $50 (including one tape). Connor Toy Corp., 200 Fifth Ave., No. 903, New York, NY 10010.

DOUBLE-DUTY WORD PROCESSOR

It's more than just a typewriter

With this cross between a computer and a typewriter, you simply plug in a memory storage disk, then type, edit, rearrange, or revise your work on the screen until you're satisfied. Next, roll in the paper, push the print button, and the typewriter takes over and prints your masterpiece. The pop-up screen displays 14 lines of 80 characters each, and the two-sided memory disks store 50,000 characters per side. Flick a switch to operate as a regular typewriter with adjustable type size.

PWP 6 word processor, about $599. Smith Corona, 65 Locust Ave., New Canaan, CT 06840.

THREE IN ONE

Maximum music, minimum gear

All you need after you plug in the CDVER are speakers and some compact discs. This component includes a 100-watt-per-channel AM/FM stereo receiver, a programmable CD player that changes up to six discs, and a seven-band graphic equalizer. It comes with a wireless remote.

CDVER, about $899. Sharp Electronic Corp., Sharp Plaza, Mahwah, NJ 07430-2135.



You need only one remote.

QUICK-THINKING REMOTE

Simplifies home entertainment

The Unifier replaces a houseful of remote controls by memorizing their control codes. To program, put it head to head with any other remote control and press the same buttons on each. Then you can put away the separate controls and operate your entertainment system with just the one control.

The Unifier, about $119. Onkyo U.S.A. Corp., 200 Williams Dr., Ramsey, NJ 07446.



LIGHTWEIGHT CAMCORDER

Making movies without strain

An 8-mm videotape format, gives you a smaller, lighter camcorder than conventional VHS. This 8-mm set features visual controls on the left and audio controls on top, power zoom, autofocus, and a battery pack. An adaptor allows playback on any television.

Canon VM-E2 camcorder set, about $1,699. Canon U.S.A., Inc., One Canon Plaza, Lake Success, NY 11042.

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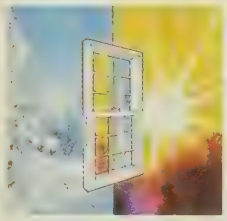
This could be your gold standard in corn oil.
Crisco Corn Oil.

The goodness of corn. The light non-greasy taste of Crisco.





"Some windows are too hot."



Ordinary, old-fashioned clear glass is not enough to keep the heat from getting inside your home — making you uncomfortable and raising those expensive air conditioning costs that can burn you up.

That's why you should look into Sunglas® Heat Reflective™ glass: The high-tech glass that looks like traditional glass with a subtle hue. Now available from your local window dealer in special energy saving packages called Sunglas Koolers.™

What are Sunglas Koolers? Very simply they're a double-paned window with Sunglas tinted products on the outside and Sunglas HR on the inside.

Sunglas Koolers are available with your choice of Sunglas Green, Blue, Bronze or Grey. For the best performance and a very pleasing appearance, we recommend Sunglas Green. For those looking for a specific color, pick one. Nobody has more variety than Ford.

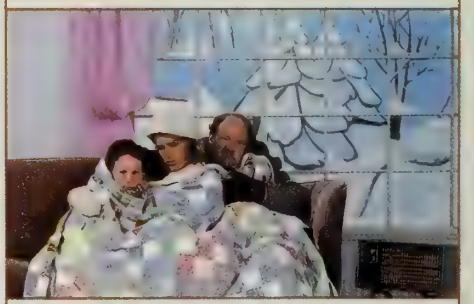
Sunglas Koolers can block 38% of the sun's heat and reduce by 54% the sun's harmful ultra-violet rays that prematurely fade your valuable household fabrics.

Sunglas Koolers actually reduce both heat gain and heat loss 65% by keeping radiant heat where you want it — outside when it's hot and inside when it's cool.

In other words, when you have Sunglas Koolers with Sunglas HR your windows are never too hot, or too cold — but just right.

Sunglas Koolers also make great energy sense for sunspaces. In fact, the larger your glass area, the more you need Sunglas Koolers.

For your comfort and convenience ask your window dealer for Sunglas Koolers made exclusively with Ford Glass. When it comes to glass that works 24 hours a day, 365 days a year, every year — Nobody outglasses Ford.



"Some windows are too cold"

All performance figures based on single thickness Sunglas Green and Sunglas HR with ¾" air space versus single glazing. Performance may vary slightly with other thicknesses, tints and air spaces.

See your local window dealer or call 1-800-GLASS-HR for a free brochure.

Ford

Glass Division

Founded 1919. A division of Ford Motor Company.

"Windows made with Sunglas® Heat Reflective™ glass are just right."

continued from page 76



HOME VIDEO EDITING

Make your VCR tapes even better

Become a movie director with this video editing system that edits home videos and adds titles, graphics, and special effects such as fades and wipes. DirectED requires a television, two VCRs (or a VCR and a VCR camera with playback ability) to turn home videos into entertaining productions.

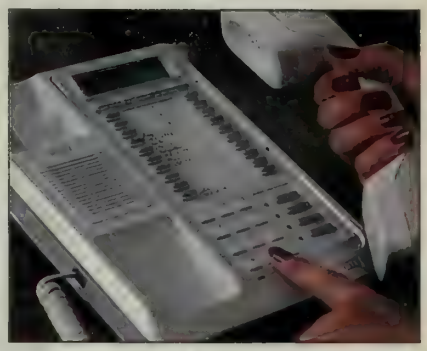
DirectED, about $499. Videonics, 1129 Dell Ave., Campbell, CA 95008.

FEATURE-FILLED PHONE

The phone acts as paper and pencil

This telephone displays the number you dialed along with the time of the day and the length of the call. It offers a 40-number, one-touch memory and will continue to call busy numbers until you get a connection. The Scratch Pad button allows you to log numbers into the memory while on the phone.

GTE 2130 Phone, about $79. GTE, 1 Stamford Forum, Stamford, CT 06904.



A compact phone information system.



Great sound for college dorms.

LOOK MA, NO WIRES

Speakers use D-cell battery power

Move these speakers around the room as the mood moves you. The speakers receive their audio signals from an invisible infrared beam sent by a transmitter plugged into the headphone jack.

Koss JCK/5000 Kordlesspeaker, about $349 for a pair. Koss Corp., 4129 North Port Washington Ave., Milwaukee, WI 53212.



GARDENER'S LOG

By Douglas A. Jimerson and Jane Austin McKeon

PROVEN PLANT PROTECTION

Keeps plants healthy



PETER KRUMHARDT

New uses for an old product.

Foliage sprays such as Wilt-Pruf (*above*) offer all-season plant protection. Sprayed on leaves and stems, Wilt-Pruf forms a clear coating that reduces evaporation without slowing plant growth. Originally designed to prevent winterkill on evergreens, Wilt-Pruf has now proven itself effective for these year-round uses:

- **Houseplants**

Reduces leaf loss and browning caused by dry air.

- **Christmas trees**

Retains moisture in needles to minimize fire hazard.

- **Trees/shrubs**

Prevents leaves from wilting after transplanting.

- **Annuals/perennials**

Keeps plants vigorous with minimal watering.

GROWING UP IN THE GARDEN

Schools teach the ABCs of gardening



PETER KRUMHARDT

Gardening is almost as much fun as recess.

Trowels are winning out over pencils as learning tools in schools these days. The new favorite subject? Gardening. Playground plots are the outdoor classrooms for hands-in-the-dirt lessons about growing vegetables and flowers. Here's what two nonprofit organizations are doing to help get children interested in gardening.

- **The "Sow and Grow" Program**

Cultivating good eating habits is the goal of the "Sow and Grow" program, sponsored by the National Council on Youth Gardening Education. Rooted in a 1985 pilot project in three Tucson schools, the program's curriculum is now catching on in schools nationwide. For more information, write to Meals for Millions, Arizona Program, P.O. Box 42622, Tucson, AZ 85733.

- **National Gardening Association School Grants**

The National Gardening Association is giving grants for playground garden projects at schools across the country. Valued at more than $600, each grant is made possible by company sponsors who donate tools, seeds, and bulbs. For more information, write to the National Gardening Grant Program, Contact NGA, Dept. Kids, 180 Flynn Ave., Burlington, VT 05401.

A TIP FROM A BH&G READER

Throw a weed party!



The taming of the wild.

Annual weed parties are a wonderful way to collect plants for dried fall arrangements, writes Marilyn Kohl of Windsor, Missouri. In October every year, Marilyn gathers with her friends to share roadside flowers and weeds. "Many beautiful autumn bouquets leave the party each year," she says.

TEST GARDEN TIP

To ensure a beautiful bulb display next spring in the Test Garden, we'll cover the beds with aged manure this month. You can also use a complete balanced fertilizer or a slow-release "bulb-booster" fertilizer, sold at garden centers.

READER MAILBOX

Do you have any gardening tips and techniques that you'd like to share with our editors and *Better Homes and Gardens* readers? Mail your garden-tested tips and color photographs (slides preferred) to Gardener's Log—BH&G Test Garden, 1716 Locust St., Des Moines, IA 50336. We will pay $25 for each idea published and reserve the right to edit copy. No materials will be acknowledged to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as the corporation wishes. We do not accept previously published ideas. BH&G



PERRY STRUSE

SELECT NOW, BUY NOW DUTCH FLOWERBULBS "A LA CARTE."

You can easily plan your Spring garden for next year. It is as simple as choosing from the proposed menus according to the size of your planting area.



SMALL MENU

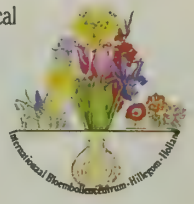
20 Tulips (triumph)
15 Hyacinths
15 Small garden tulips (botanical or single early)
15 Daffodils/narcissi (trumpet, small cup or botanical)
25 Crocus
25 Glory of the snow "Chionodoxa"

MEDIUM MENU

30 Tulips (Darwin hybrid, double)
25 Hyacinths
30 Botanical crocus
50 Narcissi (small cup, large cup or botanical)
25 Botanical iris
25 Grape hyacinths "Muscari"
20 Ornamental onions "Allium"

LARGE MENU

50 Tulips (triumph, Darwin hybrid or lily-flowering)
30 Hyacinths
50 Daffodils/narcissi (trumpet, double or multiflowering)
50 Crocus
25 Small garden tulips (botanical or double)
50 Anemone blanda
10 Crown Imperial "Fritillaria imperialis"
25 Dutch Iris



You will find Holland bulbs at retailers of garden goods (take this page with you) . . . or order by mail . . . or contact a landscaper.

PLANT THIS FALL FOR EARLY SPRING COLOR.

DIET AND HEALTH

By Lynn Hoppe

GOOD EATING: BOOSTING FIBER, CUTTING BACK ON FAT

CABBAGE AND ITS COUSINS: *DO THEY PROTECT AGAINST CANCER?*

Add to the current list of anticancer buzzwords, cruciferous vegetables. Cruciferous (pronounced crew-SIF-er-us) is the scientific name for vegetables from the cabbage family, including broccoli, brussels sprouts, cauliflower, rutabaga, kale, and turnips.



Mixed cruciferous vegetables: high fiber, vitamin-packed—

Six reasons to eat cabbage-family vegetables

- **Cancer connection.** Eating cabbage and its cousins may decrease your risk of developing colon cancer.
- **Fiber.** All cruciferous vegetables are good sources of fiber (another apparent protective factor against colon cancer).
- **Potassium.** Cruciferous vegetables are good sources of potassium, one of the essential minerals.
- **Vitamin C and iron.** A single ½-cup serving of broccoli, brussels sprouts, cabbage, cauliflower, or turnip greens supplies all the vitamin C you need in a day. These vegetables, with the exception of cauliflower, also are fair sources of iron. (A serving of brussels sprouts provides about 1 milligram of the 18-milligram daily iron requirement for women.)
- **Carotene.** Dark green members of the cabbage family are excellent sources of carotene which your body converts to vitamin A. (If you eat foods high in beta-carotene, research suggests that you may reduce your chance of getting cancer.) They are also among the best nondairy sources of calcium. (A ½-cup serving of turnip greens provides 16 percent of a woman's daily calcium requirement.)
- **Low-calorie.** These vegetables have about 25 to 35 calories per serving—and contain no fat.

How much to eat

Researchers can't yet give specific recommendations, but one serving a week of cruciferous vegetables appears to provide some protection against colon cancer.

TANGY VEGETABLE SALAD

- 1 cup cauliflower flowerets
- 1 cup broccoli flowerets
- 1 cup coarsely chopped turnip
- 2 tablespoons sliced green onion
- ¼ cup low-fat plain yogurt
- 2 tablespoons Dijon-style mustard
- ½ teaspoon sugar

In a large bowl mix vegetables. Combine yogurt, mustard, and sugar; toss with vegetables. Cover and chill at least one hour. Makes 4 servings.

Nutrition information per serving: 41 cal., 2 g pro., 6 g carbo., 1 g fat, 1 mg chol., 262 mg sodium, and 2 g dietary fiber. U.S. RDA: 74% vit. C.



SCOTT LITTLE

CANOLA OIL: *A NEW OIL OPTION FOR LOW-FAT DIETS*

As oils go, the new guy on the block gets high honors. Canola oil, a form of rapeseed oil, is the oil lowest in saturated fats. The only 100 percent Canola cooking oil on the market today is Puritan Oil, but expect to see it more as an ingredient in packaged food products.

Canola's advantages

- **Lowest level of saturated fats.** Canola oil contains 6 percent saturated fats compared to 13 percent in corn oil and 15 percent in soybean oil.
- **High level of monounsaturated fats.** Canola oil, like olive oil, is high in monounsaturated fats with a moderate level of polyunsaturated fats. This is especially good news because monounsaturated fats may lower the levels of LDL (bad) cholesterol in blood without raising levels of HDL (good) cholesterol.
- **Omega-3 fatty acid content.** Canola oil also contains a small amount of omega-3 fatty acids, which are believed to prevent heart disease by inhibiting clot formation.

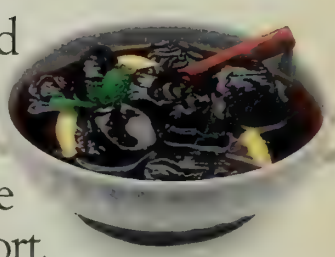
What's on Your Mind?

If you have diet and health concerns, favorite good-health recipes, and cooking tips, we'd like to hear from you. Send letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. No materials will be acknowledged or returned. BH&G

Here's a list of the foods that are a better source of fiber than prunes:



Prunes have more fiber per serving than almost any food you can name. And prunes have four of the five types of fiber your body uses. Plus potassium and vitamin A. Not to mention the fact that they're about the best-tasting source of fiber under the sun. Which explains why our list is so short.



Prunes. The high fiber fruit.

California Prune Board 1986

FAMILY HEALTH

IN THIS SPECIAL SECTION

HYPNOSIS ● PAGE 84
FITNESS MATTERS ● PAGE 90
FOLKLORE REMEDIES ● PAGE 92
KIDS ASK ABOUT AIDS ● PAGE 96
WHEN WORDS ELUDE YOU ● PAGE 101

LOSING WEIGHT THROUGH HYPNOSIS

DOES IT REALLY WORK?

By Michael P. Scott

Who, me?

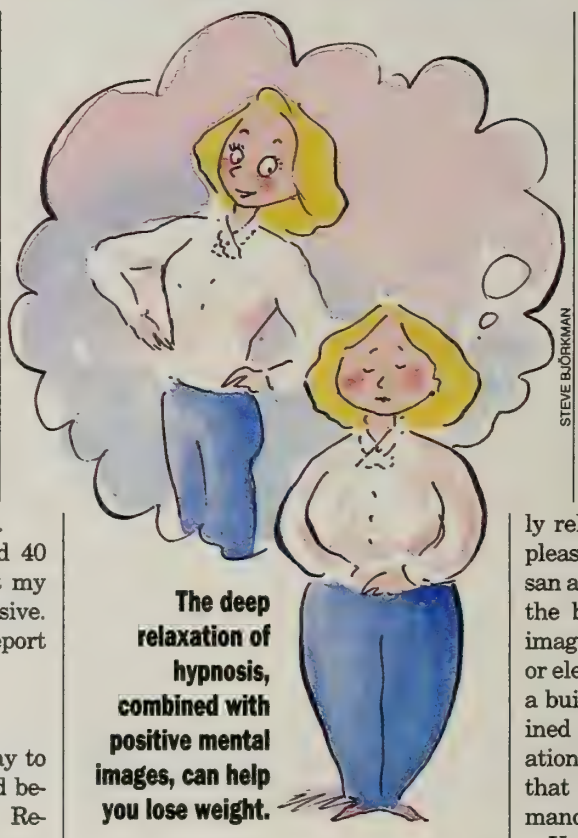
When a good friend suggested hypnosis for my "weight problem," my first reaction was, "No way!" I was leery of relinquishing control, even temporarily, to some mesmerizing Svengali who would make me perform embarrassing parlor tricks.

On the other hand, I knew the 50 pounds I'd gained in the last two years weren't going to magically disappear. So I ignored my skepticism and enrolled in a $215, four-week program offered by a counselor trained in hypnosis.

Now, some 10 weeks later (and 40 pounds lighter), I'm grateful that my friend was less-than-gently persuasive. Four of my five classmates report steady, visible progress, too.

No magic bullet

For me, hypnosis has been a way to regain control of my attitudes and behavior toward food and eating. Research seems to back up my experience. David N. Bolocofsky, Ph.D., a psychologist at the University of Northern Colorado, Greeley, says that hypnosis helps us tap the power that lies hidden in our subconscious. "That's what makes hypnosis much more advantageous than using the conscious mind—willpower—for changing habits such as eating and smoking," explains Bolocofsky.



STEVE BJÖRKMAN

The deep relaxation of hypnosis, combined with positive mental images, can help you lose weight.

Bolocofsky's research shows that even after two years, persons who combine a behaviorial modification program with self-hypnosis are more likely to take weight off—and keep it off. Hypnosis without behavioral modification has little effect on long-term weight loss, Bolocofsky says.

Susan Koons, M.S., the Des Moines, Iowa, counselor who hypnotized me, stressed that hypnosis isn't a magic bullet. Her goal is to give her clients the power to make behavior changes that will last the rest of their lives, not just until they reach a desired weight.

Do you lose control?

Before being hypnotized, I was apprehensive about losing control of my thoughts and actions. The word "trance" kept popping into my mind. I soon discovered that hypnosis doesn't turn you into a zombie or robot.

Hypnosis feels like being totally relaxed. A friend calls it a "serene, pleasant state." To reach that state, Susan asks her pupils to relax, one by one, the body's major muscle groups. We imagined we were riding an escalator or elevator down from the tenth floor of a building. As we descended, we imagined ourselves going deeper into relaxation until we reached the bottom. At that point, Susan gave us the command, "Sleep now."

You don't really sleep, I found. You are fully aware during hypnosis and able to "snap out of it" anytime. If the room were to catch fire, you'd be the first one out the door.

Weekly sessions

Once each week, for four weeks, my group met to be hypnotized and to receive posthypnotic suggestions that helped us change our eating behavior.

continued on page 88

—Former Better Homes and Gardens *Health Editor Mike Scott is tired of people saying, "Have you lost weight?"*



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Unscented Tide is now 100% perfume free. That means there's no fragrance left behind on your clothes, nothing to get between you and the clean you get with Tide.

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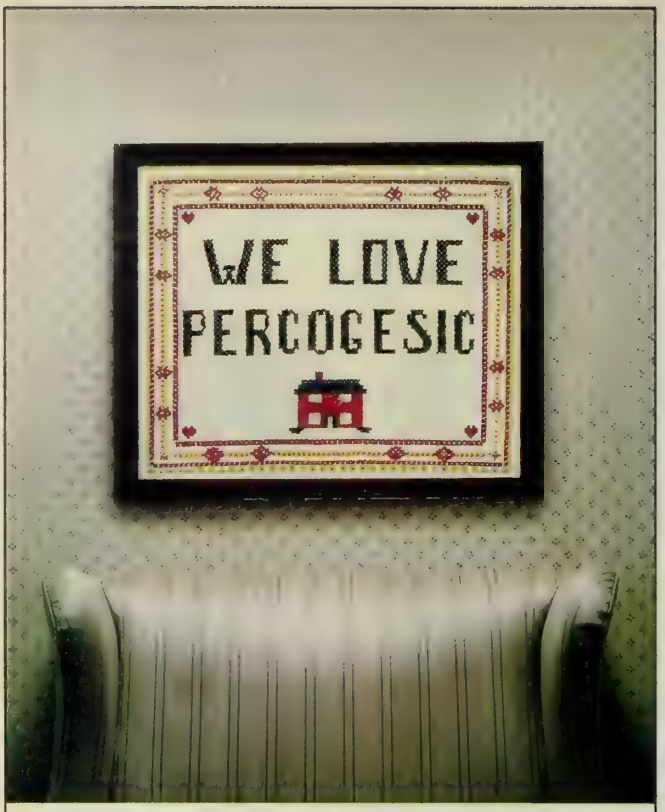
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If it stays white, you're not. It's that simple. New e.p.t. stick test is the fast and easy way to find out if you're pregnant. Or not.
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In fact, Percogesic relief is so exceptional that it's the pain reliever pharmacists recommend most—even more than Tylenol. And it's been that way for 11 years.

So try Percogesic and see for yourself why it inspires so much loyalty.



Tylenol is a registered trademark of McNeil Consumer Products Company

Available from your pharmacist without a prescription.

Use only as directed © 1987 Richardson-Vicks Inc

Ask your pharmacist for a *free* sample of Percogesic.

continued from page 84

We also looked at the underlying reasons for our overeating. (I found out I was eating because I was bored.)

Between meetings we read about weight control, nutrition, exercise, and self-hypnosis. We also listened to an audiocassette Susan had recorded to reinforce her message. I'll listen to the tape every day until I reach my desired weight.

Once I reach my weight goal, I'll replace my tape recorder with self-hypnosis. With self-hypnosis, I sit quietly and imagine myself descending that escalator. At the bottom floor, when I'm totally relaxed, I picture myself at my ideal weight and tell myself that I am in control of my eating choices.

Tapping your imagination

Once you are in a hypnotic state, the hypnotist—or, in the case of self-hypnosis, you—offers positive suggestions. These might include, "You will eat only when you are physiologically hungry" or "You will exercise regularly."

Susan taught us to form mental images of ourselves as we would look and act when we'd reached our desired weight. I focus on a suit I haven't been able to fit into for two years.

Can it work for you?

Yes, but. Hypnosis isn't a magic, one-shot cure for whatever ails you. If you really don't want to change a behavior, chances are that nothing's going to help.

Hypnosis won't work if there's an underlying reason for your behavior that you won't acknowledge or change. Some people stay fat (or drink or put up with chronic pain) to "get back" at a spouse or to garner sympathy.

Hypnosis hasn't "cured" me of the urge to eat my favorite food, potato chips. But when the urge strikes, I am conscious of what and why I'm eating—and confine my munching to a handful, rather than the whole bag. Control over my eating habits—and an increase in my self-confidence—has been the most rewarding part of my experience with hypnosis.

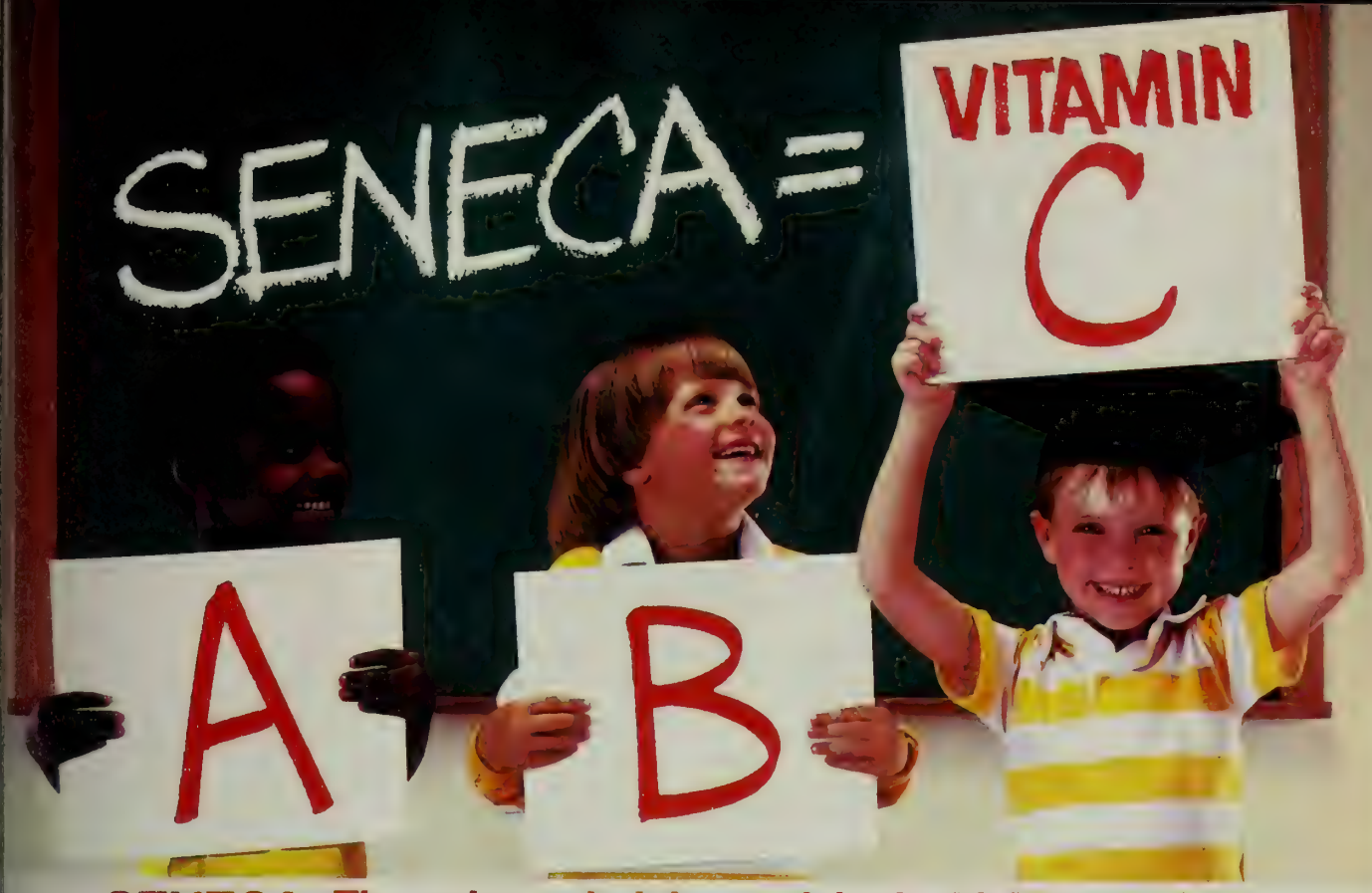
HOW TO FIND A QUALIFIED HYPNOTHERAPIST

Use care when picking a hypnotist. Only Florida, California, and Oregon regulate practitioners. In most states, anyone can hang out a hypnotist's shingle.

Credentials are problematic, too. No single national organization represents hypnotists, so it's hard to compare one practitioner's training with another.

Here are some good signs:

- **Medical or psychological training.** A doctor, psychologist, social worker, or trained counselor is able to recognize underlying medical or psychological problems contributing to your weight problems.
- **Commitment to self-hypnosis.** A hypnotist who poohpoohs self-hypnosis may make you dependent on office visits for reinforcement.
- **Satisfied customers.** Talk with former clients, especially those who have been successful and whose hypnosis took place a couple of years ago.
- **Competitive rates.** Compare costs, and ask if you'll be charged should you need to come back for reinforcement.



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You are automatically entered into the Sweepstakes when you take advantage of the FREE BOOK OFFER from SENECA.

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Winners will be selected in random drawings from all entries received under the supervision of Performance Promotions, an independent judging organization who reserves the exclusive right to interpret all conditions in regard to this promotion without claim for damage or recourse of any kind. By participating in the sweepstakes, entrants agree to be bound by the rules and the decision of the judges which shall be final. Winners will be notified by mail and will be required to sign an Affidavit of Eligibility and Release which must be returned within 14 days. If the affidavit is not returned within the time period or is returned from the post office as undeliverable an alternate winner will be selected. Winners grant permission to the use of their name, photograph/likeness for advertising and promotion for this and similar promotions without additional compensation. Only one prize per person, family or household. No prize substitutions permitted. Prizes are not transferable. All taxes are the responsibility of the winners. All prizes will be awarded. Odds of winning depend upon the number of entries received.

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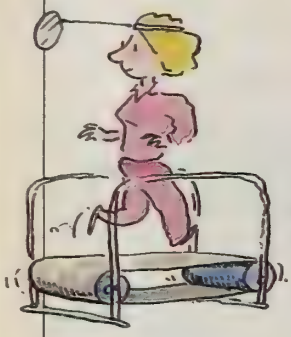
Which is the only apple juice enriched with Vitamin C?_____

Please allow 6-8 weeks for receipt of your book. Void where taxed or prohibited by law. Only one (1) book per person, family, household, group or organization. **Expiration May 30, 1988.**

FITNESS MATTERS

SHAPE UP WITH THESE TIPS

By Gary Legwold

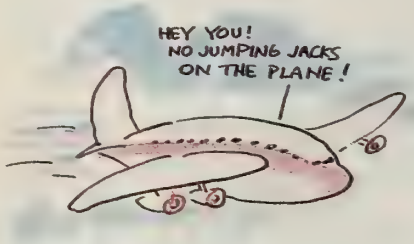


BORED? RUN BACKWARD!

Joggers battling blahs can try retrorunning.

To relieve overuse injuries, run backward. Benefits: Compared to jogging, retrorunning is less jarring and easier on knees, hips, and the lower back; improves agility and balance; and stretches muscles that are used to run forward.

Caution: Retrorunning may be hard on Achilles tendons, so go slow. Run on a treadmill or track, not in the street.



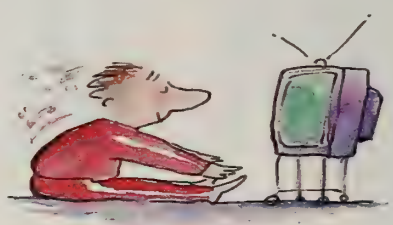
FIGHTING IN-FLIGHT FATIGUE

30-minute workout at 30,000 feet

Until now, frequent flyers got their only exercise by hoisting luggage. But a new program lets them work out without leaving their seats.

World Airways offers "Fitness in Flight," a 30-minute exercise program, over its audio system. The routine includes discreet isometric and relaxation exercises designed to tone muscles and reduce tension, boredom, and perhaps fear of flying. For your own cassette tape, send $6.95 to "Fitness in Flight," Washington Healthcare Corp., East Building, Room 8102, Dept. BHG, 100 Irving St., NW, Washington, DC 20010.

Gary Legwold is a free-lance writer who specializes in covering health, fitness, and medical topics from his home in Minneapolis.



EXERCISE IN A LOWER GEAR

Home workouts improve fitness

More than 90 percent of men aged 50 and over don't do vigorous regular exercise.

No time, they say. No money for a health club. Besides, they ask, who wants injuries or heart problems?

But Dr. Robert DeBusk of Stanford University may have just the answer. He found that sedentary middle-aged men who trained at home five times a week at 60 to 72 percent of maximum heart rate improved aerobic capacity 8 percent. Those who trained at 75 to 87 percent improved 17 percent. DeBusk concludes that even moderate exercise improves fitness.

Best of all, he found that home exercise has staying power: more than 90 percent of the men continued to exercise throughout the 12-week study.

MILEAGE MARKERS

Tennies keep track of track stars

Puma's new running shoe has an electronic device to record time, distance, and calories used. After running, you connect the shoe to a computer and the data is stored on the computer's floppy disk.



TWO-WHEELING FITNESS

Pros and cons of biking

Gearing up for fall fitness but tired of running? Shift to pedal-pushing.

Last year, some 82 million Americans biked, says Bill Wilkinson of the Bicycle Federation of America.

Benefits:

- Large leg muscles are used, yielding excellent aerobic workouts.
- Biking is gentle on your joints, making it a lifetime fitness activity.
- Time is not wasted driving to workouts, especially if you bike to work.

Drawbacks:

- Traffic and crowding on trails make cycling risky for some riders. But most accidents can be avoided. A hard-shell bicycle helmet is essential.
- Coasting doesn't provide benefits.
- Upper body muscles are ignored.

To begin: Buy a bike that fits. Adjust the seat so that legs almost straighten as you pedal, reducing stress on knees.

Start easy, then work up to 60–90 revolutions per minute. Stretch and walk to cool down and avoid cramps.

RIDING ROUTINES

		SUN	MON	TUE	WED	THU	FRI	SAT
Beginners (miles)	week 1	Ride two to five miles per day.						
	week 4	Ride eight to 11 miles per day.						
Veterans (minutes)	week 1	30	15	30	15	30	15	60
	week 2		20	40	20	40	20	90
	week 4		30	60	30	60	30	150

Suggested workouts to ease you into regular biking. *For a set of eight helpful brochures, send $3 to BFA, Dept. BHG, 1818 R Street, NW, Washington, DC 20009.*



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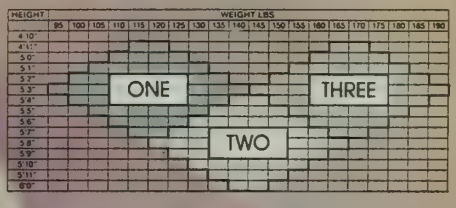
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FOLKLORE REMEDIES

WHICH WORK AND WHICH DON'T

By Lynne Lamberg

Every family has a collection of "tried and true" health remedies. Here's what some of the nation's top medical specialists have to say about several commonly held folk beliefs—and their advice on what really works.

ILLUSTRATIONS: STEVE BJÖRKMAN



WAIT AN HOUR AFTER EATING BEFORE YOU SWIM

Should you watch the clock?

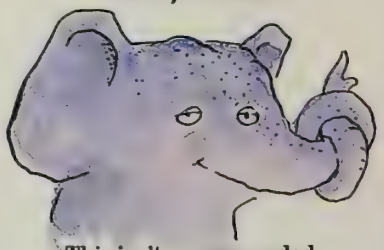
That really depends on how much you eat and how vigorously you plan to swim. A light snack followed by a little easy paddling around probably won't hurt, but it's wise to avoid steady lap swimming—or any other strenuous exercise, for that matter—soon after a big meal.

Why the worry? After you eat, blood goes to your digestive tract to pick up nutrients from your meal. Exercise would divert blood to the working muscles, possibly causing stomach cramps or upset stomach.

SOURCE: STEVEN SCOTT, SPORTS MEDICINE SPECIALIST AT THE MAYO CLINIC IN ROCHESTER, MINNESOTA.

HOLD YOUR HEAD BACK TO STOP A NOSEBLEED

News for noses



This isn't recommended

Just the opposite: tilt it forward. With a towel or washcloth in your hand, pinch your nose shut until the bleeding stops.

When you hold your head back, you run the risk of having blood drip down your throat and into your lungs.

After the bleeding stops, hold an ice bag on your nose to keep the bleeding from restarting. If it's more convenient, you can tilt the head back or lie down, making it easier to keep the ice bag in place. For older adults, lying down also tends to lower high blood pressure, which is the major cause of nosebleeds in this age group.

Call the doctor if you bleed copiously or don't stop bleeding.

SOURCE: DR. JOSEPH PRIMROSE, DIRECTOR OF THE EMERGENCY MEDICAL SERVICES DEPARTMENT AT THE WYOMING MEDICAL CENTER IN CASPAR.



A remedy that's hard to swallow

PUT ASPIRIN ON A SORE TOOTH

A dangerous practice

Holding an aspirin tablet on an aching tooth can burn the sensitive tissue inside the mouth.

Swallow the aspirin (or the pain reliever you ordinarily use) and see your dentist as soon as possible. Don't apply heat; you might increase inflammation. A cold pack probably won't do much good, but it may be worth a try while you're waiting for the painkiller to work.

Prevention works better than any home remedy. Most toothaches start small and build gradually, so don't ignore painful twinges, pressure, or other warning signals.

SOURCE: DR. KENNETH BURRELL, AMERICAN DENTAL ASSOCIATION IN CHICAGO.



APPLY BAKING SODA OR MEAT TENDERIZER TO BUG BITES

Taking the sting out

Neither of these remedies offers much relief. Meat tenderizer does contain an enzyme that destroys some insect venoms, but there's no way to get the powder through the skin quickly enough to reach the venom.

Best bet: Apply ice right away, calamine later to curb itching. Avoid scratching to prevent infection.

Call a doctor immediately if, after being stung by an insect, you develop generalized itching or hives, or if you feel lightheaded, or have trouble breathing.

SOURCE: DR. HOWARD SCHWARTZ, CHAIR OF AMERICAN ACADEMY OF ALLERGY COMMITTEE ON INSECTS.



DAB BUTTER ON A BURN

A greasy mess

Forget this one: Butter isn't sterile and has no business being on your burn. Ice is bad, too. It may simply damage the skin further.

The best advice for a typical house-

continued on page 94

Lynne Lamberg writes about medical topics and is a frequent contributor to Better Homes and Gardens *magazine.*

11 million chances to win! No way to lose!

Quaker® Oats Microwave Sweepstakes!



Quick Oats Microwave Directions:

1. For one serving, combine ⅔ cup of water, ⅛ tsp. of salt (optional), and ½ cup of Oats in 2 cup cereal bowl.
2. Microwave at HIGH 1½ to 2 minutes or until thickened.
3. Mix well before serving.



No pot, no mess, no hassle!

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1. NO PURCHASE NECESSARY: A game card with Official Rules is packed inside specially marked packages of Quaker Oats, or you may obtain a game card and set of Official Rules by hand printing your name, address, zip code and telephone number on a plain 3″ x 5″ piece of paper and mailing it with a stamped, self-addressed business size envelope to: **"Quaker Oats Goes Microwave" Game Card Request, P.O. Box 4521, Young America, MN 55399.** Residents of Vermont and Washington may omit postage. Requests must be postmarked by **February 28, 1988.** Game Piece requests honored only while supplies last.

2. Sweepstakes begins approximately **September 1, 1987** and ends **March 31, 1988.**

3. PRIZES TO BE AWARDED: 1,500 Grand Prize winners of Amana® Radarange® Microwave Ovens valued at $229.00 each, and 5,000 First Prize winners of Anchor Hocking Microwave sets valued at $11.99 each. Total retail value of all prizes is $403,450. Odds of winning are: Grand Prize; 1 in 7,942, First Prize; 1 in 2,383. Void where prohibited by law.

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FOLKLORE REMEDIES

continued from page 92

hold burn—any burn smaller than a 50-cent piece: Immediately hold the affected area under cool tap water for three minutes. Apply an antibiotic ointment containing bacitracin to ward off infection and keep skin moist. Wrap the area in a clean towel or handkerchief. Reapply the ointment several times a day and keep the burn covered until the blister pops or disappears—usually within 48 hours.

Don't pop a small blister; the skin over it protects against germs. For a larger burn, see a doctor who can open the blister cleanly. If a scab forms, wash it with mild soap and water twice a day, to keep it moist and clean. Allow the scab to fall off on its own.

Even a small burn can become infected. Examine the site carefully the next couple of days. If it continues to be painful and red or if you develop fever, see your doctor promptly.

SOURCE: DR. ANDREW MUNSTER, DIRECTOR OF THE BURN CENTER AT THE FRANCIS SCOTT KEY MEDICAL CENTER IN BALTIMORE.

BREATHE INTO A PAPER BAG TO STOP HICCUPS

Many things work



Or sip water from the "wrong side" of the glass, eat a cracker, suck a lemon . . . . The list goes on and on. All of these methods work some of the time. Nobody knows why.

There are probably as many causes of hiccups as there are cures. One researcher has compiled a list of more than 100 known hiccup starters, including excitement, stress, alcohol, and several nervous system disorders.

To silence persistent, debilitating hiccups, doctors prescribe an injection of chlorpromazine; this drugs boasts a cure rate of about 80 percent.

SOURCE: DR. MARTIN LIPSKEY OF MERCY HOSPITAL IN TOLEDO, OHIO.

TEMPLE MASSAGE FOR HEADACHES

It often works



Massage often helps headaches caused by tension of muscle contraction, and sometimes even eases migraines.

Other remedies: Apply a cold pack directly over the area where the head aches. Putting hands or feet in warm water may help migraine sufferers by causing a constriction of blood vessels in the head. A nap often eases the pain of migraines, as well. Relaxation exercises benefit all kinds of headaches.

Standard pain relievers should improve a simple headache. Call your doctor if a headache lasts 24 hours or more, if you find it necessary to take pain relievers on a regular basis, or if you develop weakness or dizziness. BH&G

SOURCE: DR. SEYMOUR DIAMOND, EXECUTIVE DIRECTOR OF THE NATIONAL HEADACHE FOUNDATION AND DIRECTOR, DIAMOND HEADACHE CLINIC IN CHICAGO.

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KIDS ASK ABOUT AIDS

HOW TO ANSWER THEIR QUESTIONS

By Paul Krantz

Knowledge is the best defense against AIDS. Here are the facts your children need to protect themselves against the disease—and the fear it has spawned.

The role of parents

"Any child who watches TV is going to have questions about AIDS," says Sheldon Wolff, M.D., cochairperson of a recent National Academy of Sciences panel on the disease. According to Dr. Wolff, many children are aware of AIDS, but simply do not understand what it is and how it is transmitted. Parents—along with schools—can play a major role in halting the spread of AIDS and the fear it has spawned.

When to start, what to say

Children deserve good answers to their questions about AIDS. But "good answers" for one child aren't necessarily right for another child. The key is to adjust your answer to the age and maturity of the child, according to Deborah Walker, Ed.D., associate professor at the Harvard School of Public Health. Here are some suggestions from experts for discussing AIDS with children in various age groups:

- **Preschoolers:** You don't have to circle a date on the calendar to talk about AIDS, says Charles Ginsburg, M.D., professor of pediatrics and medical director of the Children's Medical Center of Dallas. With all the media attention and talk about AIDS, discussions about the subject are bound to come up naturally. "Youngsters are inherently curious and will ask spontaneous questions, given the opportunity," Dr. Ginsburg notes.

When preschoolers do ask about AIDS, let them know that it is an illness that some people have. Kids at this age are unlikely to contract AIDS, so stress that your child *can't catch it.* "Don't go into the mechanics of how AIDS is transmitted," Dr. Ginsburg says, explaining that preschoolers won't understand such explanations.

- **Kindergarten to third grade:** Unless you live in an urban area where AIDS is a major problem, just allow the topic to come up naturally, advises Dr. Ginsburg for this age group. If you live in a high-risk area, and you think your child may be hiding a fear of the problem, you might look for an opportunity to bring up the subject. Dr. Ginsburg suggests asking the child's teacher

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THE GRIM STATISTICS

- AIDS has been diagnosed in 33,000 people in the U.S. so far; 16,000 have died. The fatality rate approaches 100 percent.
- For every known case, there may be 50 to 100 carriers of the virus without symptoms. Carriers may be capable of transmitting AIDS, even if they never develop symptoms.
- Carriers may be contagious for two to 14 years or more. No one knows for sure what the incubation period is, or whether some carriers may never get AIDS.

THE FACTS ABOUT AIDS

No single answer is right for every child at every age. Often, the amount of information is less important than its accuracy. Here are the answers to questions many parents have:

1. What is AIDS? Acquired Immunodeficiency Syndrome (AIDS) is caused by a virus. This virus destroys the system that the body uses to fight infection. Because their immunity is so low, AIDS patients get very sick from diseases like pneumonia and cancer.

2. Who can get AIDS? Everyone, but children face a very low risk. The children who have AIDS today fall into two categories: (1) Those who were born to infected mothers who passed the disease along during pregnancy; (2) those who received blood (or medicines made from blood) donated before 1985 (when testing of donors for AIDS began).

3. Can I get AIDS just by being near someone? No. AIDS is primarily a sexually transmitted disease. Anyone who has sex with a potentially infected person is at some risk for getting AIDS. Drug users who share needles are also at risk, as are their sexual partners. Children suspected of falling into any of these categories should get counseling from a doctor or other qualified person.

4. Is there a cure for AIDS? No. Both a cure and a vaccine to prevent AIDS are probably many years away.

5. How can people protect themselves from AIDS? There is little that younger children need to do to reduce their risk of getting AIDS. Teens should know that a condom used together with sperm-killing foam is a fairly good preventive. Abstinence is the best preventive of all.

6. Is it risky to go to school with someone who has AIDS? No. You cannot catch AIDS by being near an infected person or by sharing bathrooms or dinnerware; nor can you catch it through nonsexual touching. AIDS patients who pose a risk to others—an infected child who bites, for example—are kept out of day care or school.


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continued from page 96

when AIDS will be discussed in class. That would be a good time to talk about the problem with the whole family, too.

Don't talk about AIDS by itself, suggests Harvard's Dr. Walker. Center your family discussions around illness in general. Begin by explaining that people get sick for various reasons. Some "catch" illnesses, like AIDS. When answering a question specifically about AIDS, use your judgment to offer only as much information as you think your child wants and can handle. Reassure your child that you can't catch AIDS simply by being near someone with the illness. For almost all kids in this age range, this simple answer and your reassurance is the best course of action, according to Dr. Ginsburg.

● **Grade four to grade six:** Children in this grade range vary remarkably in their level of maturity. Parents must decide whether they should continue along the lines suggested for earlier grades, or if they should begin offering answers that are more sophisticated. (See next age group.)

● **Grade seven to grade 12:** As children enter their teen years, it is important that they have a solid understanding of how to protect themselves from AIDS. If you don't feel comfortable bringing up the subject, there are many experts available to help: a family doctor, guidance counselors, school nurses, telephone hot lines, and staff members at AIDS clinics. Your teens must know about defenses against the disease, especially the value of abstaining from sex. They also should understand the importance of using condoms if they become sexually active.

Although you must talk to your teen about AIDS, you don't have to ignore the values that you have worked so hard to develop in your child. Sex education experts stress the importance of educating your child about both sexuality and your system of values.

For more information

A trusted family doctor or other health care professional is your best source of information on AIDS. Here are some other sources of information:

● "Surgeon General's Report on AIDS." For a free copy of this pamphlet, write: AIDS, P.O. Box 14252, Dept. BHG, Washington, DC 20044.

● "Answers about AIDS." $2. A very thorough report on all aspects of the disease. Available from: The American Council on Science and Health, 47 Maple St., Dept. BHG, Summit, NJ 07901-2580.

● AIDS Hotline. 800-342-AIDS. This four-minute recorded message explains some basic facts about the cause and prevention of the disease. The recording includes a second toll-free phone number staffed by experts who can answer questions about AIDS.

● "AIDS and the Public Schools." $15. The National Association of School Boards, 1680 Duke St., Dept. BHG, Alexandria, VA 22314. This 55-page report is primarily for teachers and school officials and administrators.

● "How to talk to your children about AIDS." Obtain this free booklet by sending a self-addressed, stamped, business-size envelope to: Department of Health Education, SIECUS/New York University, Dept. BHG, 32 Washington Place, New York, NY 10003.





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WHEN WORDS ELUDE YOU

DO YOU SUFFER FROM TIP-OF-THE-TONGUE STATE?

Having a little trouble remembering words? Don't panic! Most people occasionally find a word on the tip of their . . . ah . . . um-m-m-m.

A common symptom

Not being able to remember a familiar word or name is a frustrating experience. Relax. Lots of folks experience the problem, appropriately called tip-of-the-tongue state (TOTS), at one time or another.

Wide range of disorders

TOTS represents one aspect of a whole spectrum of "retrieval" difficulties, ranging from problems caused by brain damage to difficulties with recalling a word to mind. TOTS involves getting a word *out* of your memory; many disorders represent difficulties trying to get the information *in* to begin with (learning a person's name or telephone number, for instance).

According to Dr. Barry Gordon, Director of Cognitive Neurology for Johns Hopkins, TOTS shows how complex our thinking really is. "Everything bubbles and churns beneath the surface," he says. "Some aspects of a word—whether it's long or short—break through, but you may not be able to remember the word itself."

TOTs is perfectly normal under most circumstances. If you're preoccupied, stressed, or fatigued, you may have more difficulty than usual remembering names and words. "Concentrate on what's really behind your memory difficulties," suggests Dr. Gordon. "Leave your mind alone. Worrying about how your mind is working will only make things worse."

Don't hastily diagnose your tip-of-the-tongue difficulties as brain disease or a sign that you're "losing it." People with organic brain problems tend *not* to be aware of the seriousness of their condition. The person who is *most* aware of his or her memory difficulties often is the *least* apt to actually have a serious memory disorder.

Do you have a problem?

If you notice that you're having trouble getting words out, take an objective look at the situation. Ask yourself the following questions, suggests Dr. Gordon:

- Does anyone else notice I'm having memory difficulties, or is it just me?
- Is there any reasonable explanation (such as difficulties at work or a change in lifestyle) for my problem?
- How am I doing? Is my word recall getting better, worse, or remaining about the same?

Talk to your doctor

If you're worried that you might have a serious memory problem, discuss the situation with your physician. Regular sleep, proper diet, and exercise may relieve such minor memory problems as TOTS. But serious memory failures should be diagnosed and treated as soon as possible. BHG



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● Simplest and cheapest is the new Fujicolor Quick Snap—a **throwaway** 35-mm camera that sells for less than $10 in supermarkets as well as photo, drug, and convenience stores. Quick Snap comes ready to shoot—with a lens, shutter, and roll of 24-exposure fast film already loaded. When you're done with the roll, just drop the whole thing off at any photo finisher. (Note: Kodak recently introduced a throwaway for less than $7—the Fling—which is a 110 instamatic, not a 35-mm model.)



STEVE BJÖRKMAN

Take sharp, clear pictures with absolute ease.

● Your least expensive permanent cameras are the **fixed-focus** types ($40–$180). Neither the focus nor the exposure setting changes in response to shooting conditions. **Tip:** Best results require plenty of available light.

● For a wider light range, **automatic-focus cameras** measure light and adjust focus and exposure into six or more predetermined settings ($50 and up).

Both fixed- and automatic-focus cameras may include such features as automatic film advance; self-timers; an easy-to-attach flash, or a built-in one; motorized film rewind; lithium battery compatibility, for long life and almost instant flash recycling.

Also look for DX capability, allowing the camera to automatically set itself to the film's specific light sensitivity. Some cameras can adjust only for ISO (or ASA) 100 and 400 films; some handle part or the full range of 50 to 1,600.

For more control, flexibility

Single-lens-reflex (SLR) cameras offer more creative flexibility by allowing you to change lenses and to see the exact picture you're taking as you look through the lens. Most SLRs are **automatic with manual control options,** so you can use the automatic mode to point, focus, and shoot, or adjust exposure selections in various ways for special effects and to compensate for unusual lighting conditions ($150 and up with one lens).

With all SLRs, a flash is an option. Many SLRs include automatic film advance, self-timers, and DX capabilities. Other automatic features are extra—including automatic-focus options on some of the most expensive SLRs.

Tip: Most people first buy the SLR camera body and a 50-mm "normal" lens. Vivitar offers a starter package with a 35- to 70-mm zoom lens, in the $300 range. Look for similar deals; a zoom gives you great versatility.

As you shop

Check the "feel" of a camera before you buy. Does it fit your hand? Do your fingers easily find the buttons? How are the weight and balance?

—By Christine Begole



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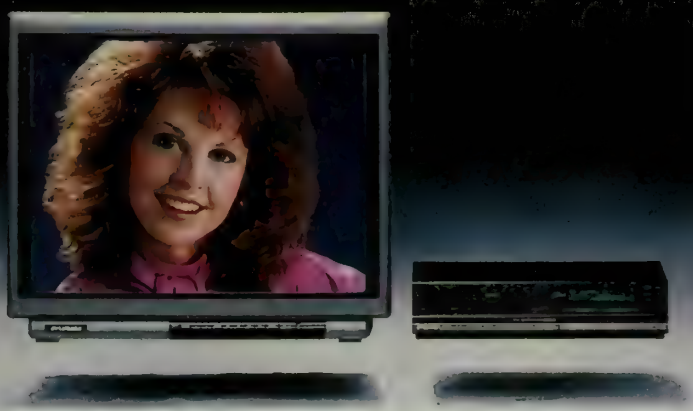
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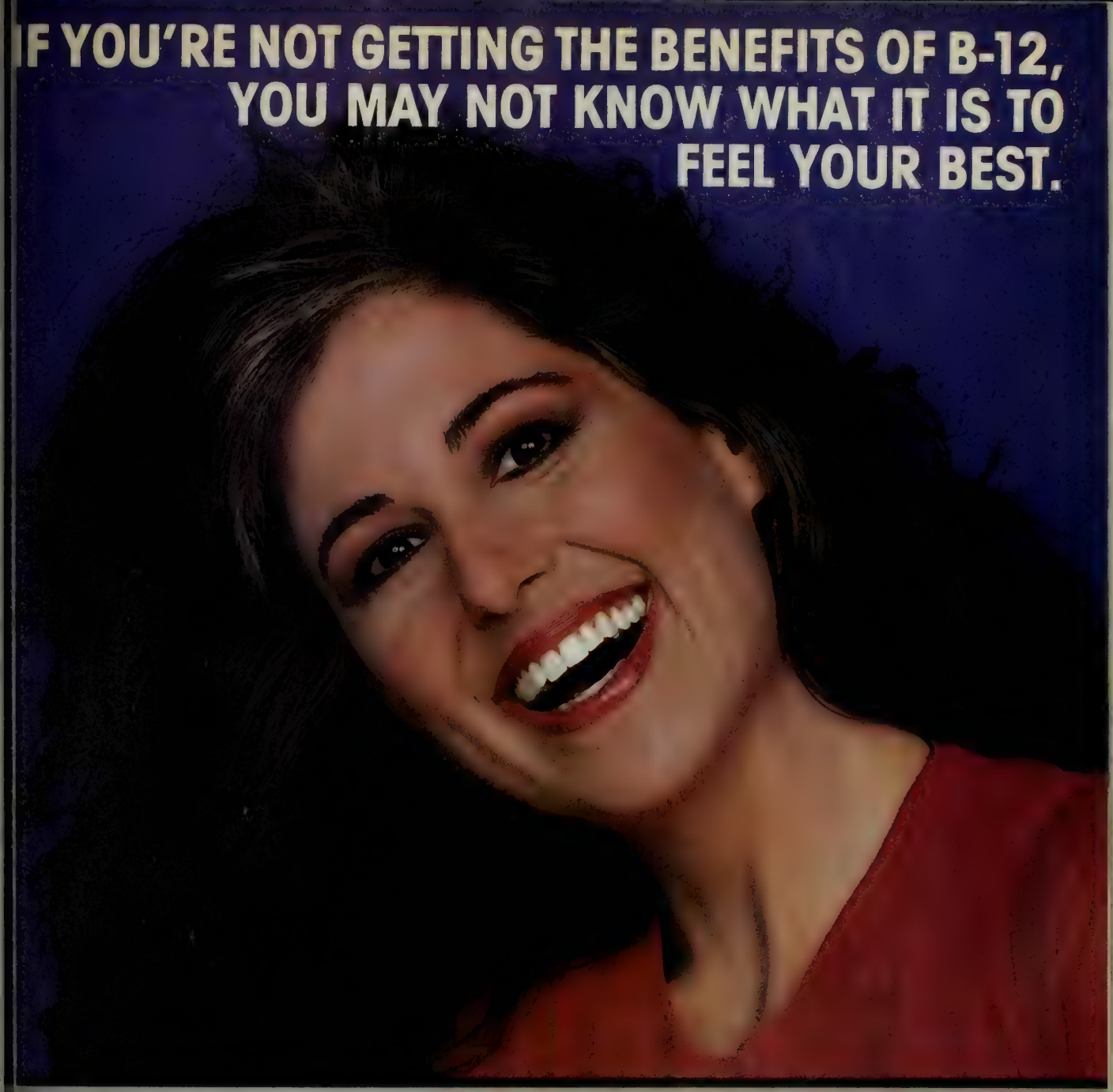
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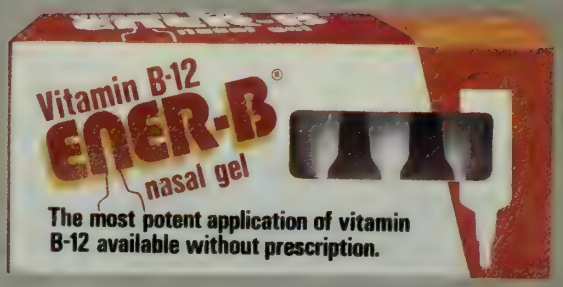
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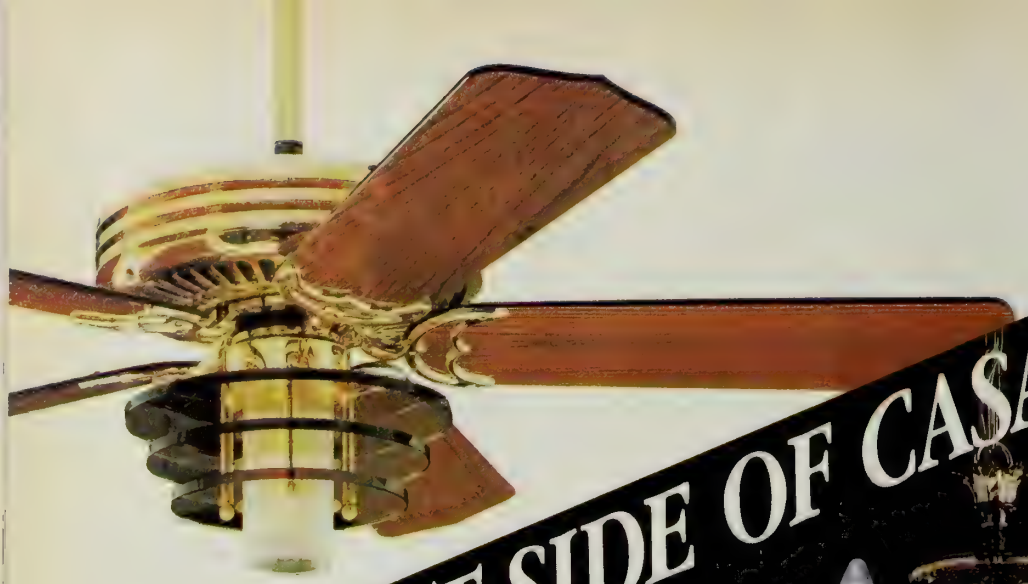


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FARM-RAISED, TASTY, AND TENDER

Fish lovers, take the bait! Catfish is now more available and better tasting than ever!



Meal-in-one savory stuffed bundles.



Full flavor from bacon, wine, and herbs.



SCOTT LITTLE

A quick, special-occasion meal.

SPINACH CATFISH BUNDLES

- 1 pound fresh *or* frozen catfish
- 1 10-ounce package frozen chopped spinach
- ¼ to ½ teaspoon lemon-pepper seasoning
- 1 cup corn bread stuffing mix
- 1 small carrot, shredded
- 1 2½-ounce jar sliced mushrooms, drained
- ¼ cup grated Parmesan cheese
- 1 green onion, sliced
- 1 egg yolk

Thaw fish, if frozen. Thaw spinach; drain well, pressing out liquid. Line sides of 4 lightly greased 10-ounce custard cups with fish, piecing as necessary. Sprinkle with lemon-pepper seasoning. In a large bowl combine spinach, stuffing mix, carrot, mushrooms, cheese, and onion. Combine egg yolk and 2 tablespoons *water.* Add to spinach mixture; toss well. Spoon a *fourth* of the spinach mixture into center of *each* cup. Cover loosely with foil. Bake in a 350° oven 30 to 35 minutes or till fish flakes easily when tested with a fork. Makes 4 servings.

Nutrition information per serving: 315 cal., 30 g pro., 30 g carbo., 8 g fat, 137 mg chol., 736 mg sodium. U.S. RDA: 165% vit. A, 15% thiamine, 18% riboflavin, 20% niacin, 24% calcium, 23% iron, 46% phosphorus.

CAROLINA CATFISH STEW

- 1 pound fresh *or* frozen catfish
- 2 slices bacon (optional)
- 1 medium onion, chopped (½ cup)
- 2 16-ounce cans stewed tomatoes
- 1 8-ounce can tomato sauce
- ¾ cup dry white wine
- 2 bay leaves
- ¼ teaspoon dried thyme, crushed
- 1 16-ounce can sliced potatoes, drained
- 1 10-ounce package frozen cut okra

Let fish stand at room temperature for 15 minutes, if frozen. Cut into bite-size pieces. In a Dutch oven cook bacon till crisp; drain on paper towels, reserving drippings in kettle. Crumble bacon.

Cook onion in drippings till tender. Stir in *undrained* tomatoes, tomato sauce, wine, bay leaves, thyme, 1 cup *water,* and ½ teaspoon *pepper.* Bring to boiling; reduce heat. Simmer, covered, 25 minutes. Add potatoes and okra. Cover and simmer 5 to 10 minutes or till okra is almost tender. Add fish; cook 5 minutes more or till fish flakes easily when tested with a fork. Remove bay leaves. Top with bacon. Serves 6.

Nutrition information per serving: 193 cal., 17 g pro., 21 g carbo., 3 g fat, 42 mg chol., 645 mg sodium. U.S. RDA: 32% vit. A, 43% vit. C, 18% niacin, 14% iron, 26% phosphorus.

CATFISH AMANDINE

- 1 pound fresh *or* frozen catfish fillets
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1 small clove garlic, minced
- 1 tablespoon olive *or* cooking oil
- 1 7½-ounce can tomatoes, cut up
- ¼ teaspoon sugar
- ¼ teaspoon dried dillweed
- 2 teaspoons cornstarch
- 2 tablespoons snipped parsley

Hot cooked rice

- ¼ cup toasted slivered almonds

Thaw fish, if frozen. For sauce, in skillet cook next 3 ingredients in hot oil 4 to 5 minutes or till tender. Stir in next 3 ingredients, ¼ cup *water,* ¼ teaspoon *salt,* and dash *pepper.* Bring to boil; reduce heat. Simmer, covered, 15 minutes; stir often. Cut fish into 4 portions; measure thickness. Add to skillet; spoon sauce over. Return to boil; reduce heat. Simmer, covered, till fish flakes easily. (Allow 4 to 6 minutes for each ½ inch of thickness.) Remove fish; cover. Stir 2 tablespoons cold *water* into cornstarch; stir into sauce. Cook and stir till bubbly. Add parsley. Cook and stir 2 minutes. Serve over fish and rice; top with almonds. Serves 4.

Nutrition information per serving: 303 cal., 23 g pro., 31 g carbo., 9 g fat, 62 mg chol., 290 mg sodium.



Do the breast stroke.



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AIRY ADDITION BRINGS OUTDOORS INDOORS

Older homes can lack the casual living space families need—and the natural light they covet. Surrounded by windows on three sides, this versatile addition delivers both.



▲ **Part den and part breakfast room, the addition blends into the kitchen to form an informal living center.**



▶ **Wall-to-wall windows let the sun in; glass doors lead to the adjacent deck.**

INDOOR/OUTDOOR ENTERTAINING

No mere breakfast room, the new space (*top*) serves as dining area, den, and the "indoor" part of an indoor/outdoor entertaining complex. The owner added the room at the same time he remodeled his kitchen (*above*) and built a backyard deck. Now, the back of his house flows from light-filled kitchen to airy addition to outside deck.

Just across from the table and chairs, next to the oak built-in shelves, a pair of armchairs defines a cozy area for reading or listening to music.

ANGLING FOR LIGHT

By orienting one wall of the new room toward the southeast, the architect planned for a full measure of morning sun. The kitchen also garners its share of natural light; an enormous light shaft was created by sacrificing an upstairs closet for a skylight. Low maintenance terra-cotta tile helps catch and hold the sun's heat. BH&G

Architect: Baer & Hickman. Field editor: Margo Plemone



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When you buy a gas grill-range cooktop you should be able to grill on all of it.

It's a sad but costly fact that many other gas grill-ranges do not heat evenly.

So in order to cook properly, you're forced to use only the middle of the grill where heat is constant.

Of course, when you're grilling burgers for eight, that's not only a waste of space, it's a waste of time, too. Which is why it pays to buy a Jenn-Air gas cooktop with the E-ven Heat™ grill burner.



Jenn-Air's revolutionary E-shaped burner heats evenly over the entire grill with no hotspots or coldspots.

What's more, our famed downdraft ventilation system assures true "outdoor flavor" from the bottom of the grill to the top.

Smoke and cooking odors are vented to the outside.

See how the Jenn-Air gas cooktop with the E-ven Heat™ grill burner compares with other indoor gas grills at your nearby Jenn-Air dealer.

There will be no doubt which one gives you more grill for the money

Jenn-Air

For brochure write Jenn-Air Co., 3015 Shadeland Ave., Indianapolis, IN 46226. © 1987 Jenn-Air Co.

COMFORT!

ROOMS YOU LOVE TO COME HOME TO

By Shirley Van Zante, Denise L. Caringer and Robert E. Dittmer

For many of us, getting away from it all means going home. What could possibly be better than curling up in your own safe corner of the world with a pile of magazines and a cup of cocoa? This story is about the joy of heading home—to rooms that beckon and furnishings that comfort, soothe, and serve.



COMFORT

RUSTIC!



▸CEDAR HALL CHEST

Mellow pine gives this piece its aged character. A hinged top lifts to reveal a fragrant cedar-lined compartment. $400 from *Lane.*



◂RECLINER

Cozy up with traditional styling and friendly plaid. Then, settle back and discover the relaxing surprise: a body-soothing footrest. $725 from *Burris.*



▸RAG RUGS

Handsome and rugged, *Thomas K. Woodard*'s woven rugs roll out to infuse any setting with country comfort. 4×6, $264; 6×9, $594.

Buying information, page 192.

Photograph: Maris/Semel. Field editor: Bonnie Maharam

CABIN-STYLE CHARACTER

Like a pair of old blue jeans, a rustic room only improves with age. Hardy red plaid sofas, as inviting as your favorite flannel shirt, snug up to a well-worn table that's cut down to size. Simple plank floors and white walls do the rest. (No fireplace? Gather your sofas around an armoire or a bookcase, instead.)


ENTOS

COMFORT

SUNNY!



▸COMFY DUO

Treat your family to a truly great chair and ottoman. Hefty handwoven wicker and soft watercolor fabric make this an investment in pleasure. $1,688 from *Ficks Reed.*



◂MAIZE RUG

Relax your room—and budget—with a natural maize area rug. 4×6, $50 from *Pier 1.*

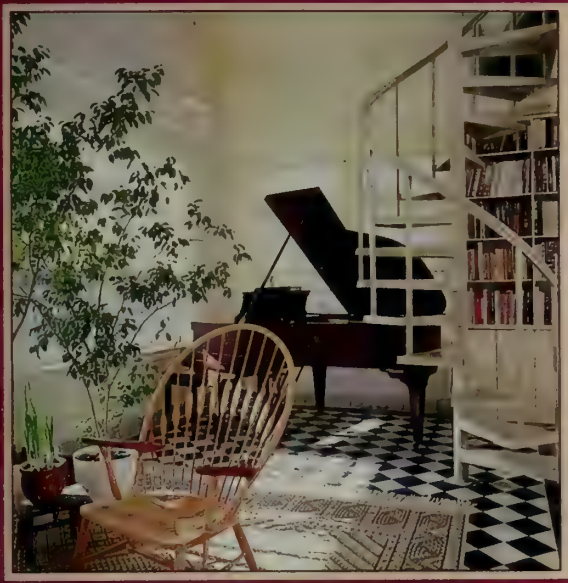


◂ROCKER

Sleek and chic? You bet! The surprise: a downright comforting price of $200. By *Amisco.*

Buying information, page 192.

Photograph: Barbara Martin
Design: Ruth Tempel Touhill
Field editor: Mary Anne Thomson



A SUNNY OASIS ALL YEAR LONG

Let it snow! Winter's chill only enhances the appeal of this glowing, porchlike hideaway. The recipe for an alfresco scene? Mix natural wood and airy chrome and glass with cabana-striped pillows and leafy greenery. Then "serve" on a sand-hued rug. Simple white window shades filter sunlight and—if you like—screen out snowy vistas, as well.

COMFORT

ECLECTIC!



▼FLOORCLOTH
A painted floorcloth mimics 18th-century design. 3×5, $270 from *Ballard Designs.*



◄RECLINER
Modern in style and generous in size, this recliner offers a luxurious bonus: real leather! $1,440 from *Barcalounger.*



►COLUMN BASE
Like an archaeological relic, this new table with its pickled pine finish brings classical drama to modern-day homes. Use it with or without glass as a coffee table. $270 from *Ballard Designs.*

Buying information, page 192.

Photograph: Barbara Martin. Design: Ruth Tempel Touhill. Field editor: Mary Anne Thomson



LIGHT AND AIRY LIVING ROOM

Surround yourself with the things you love—no matter how disparate their style!—to create a richly layered, warmly personal setting. Here, creamy painted walls plus classic modern furnishings and artwork play up the aged patina of Chippendale chairs, mellow marble, and satiny silver.

COMFORT NOSTALGIC!



◂CHAIR

Soothing velvet fabric and nostalgic styling give *Trend Line*'s chair ($550) its appeal.



▾THROW

Woolly and warm, a sweatery, claret throw fends off winter's chill. $30 from *JCPenney*.



▸TEA TABLE

Anyone for tea? A classic, glass-topped table serves tea with style—or fits gracefully beside a sofa. $260 from *Riverside*.

Buying information, page 192.

Photograph: Laurie Black, Roslyn Banish. Design: Rebecca Bradley. Field editor: Barbara Cathcart



TIMELESS SETTING

Come home this winter to lazy, languid nights by the fire. Cozy Victorian-inspired pieces team with soft woods and rich colors to create this truly great escape. The essentials? An overstuffed chair or chaise longue, that book you've been meaning to read, and a gathering of prized collectibles.

COMFORT VICTORIAN!



◂FLORAL RUG

As if carefully preserved through time, a flower-festooned needlepoint carpet brings an old-world charm and calm to modern-day rooms. 33″×59,″ $795 from *Pierre Deux.*

◂LAMP

A rich nod to the past, this classical lamp gains architectural presence from a column base. Understated black adds class. $85 from *Ballard Designs.*

Photograph: Barbara Martin
Design: Ruth Tempel Touhill
Field editor: Mary Anne Thomson

▴CHIC CHAISE

Take time—*make* time!—to pamper yourself. This irresistible lounger offers comfort with a French accent. $599 from *Spiegel.*

▸PILLOW

A soft eyelet-trimmed pillow from Germany will help you make the transition from hectic day to *gute Nacht.* $26 from *Linen & Lace.*

Buying information, page 192.



A LACY RETREAT

More than a ghostly whisper from the past, Victoriana speaks firmly—and in *present* tense. Filmy lace (an exquisite old tablecloth covers the bed), richly hued tapestry, and a romantic picture-laden dressing table set the scene.

FLOWERING BULBS

PAIR UP YOUR PLANTINGS FOR TWICE THE COLOR

By Douglas A. Jimerson

Enjoy a double dose of spectacular garden color by planting two different kinds of bulbs in the same space.



▲TULIPS WITH SCILLAS

Just when you think spring will never arrive, the jewellike flowers of Scarlet Baby tulips and purple scillas burst into bloom. After blooms fade, let foliage mature before clipping.

HOW TO PLANT YOUR BULBS



Dig a hole 8 inches deep. Add bone meal and place large bulbs like early-blooming tulips and standard daffodils in the bottom, spacing them 6 inches apart.



Cover the large bulbs with 4 inches of soil. Then, set small bulbs like crocuses, scillas, and anemones on top, spacing them 3 inches apart. Fill the hole.

PHOTOGRAPHS PETER KRUMHARDT PRODUCED IN COOPERATION WITH THE NETHERLANDS FLOWER-BULB INSTITUTE

◀TULIPS WITH CROCUSES

Kaufmanniana tulips and hybrid crocuses are a perfect match. Both plants bloom early in the spring and enhance each other when paired in rock gardens or under trees. This stunning garden border contains Love Song tulips and Remembrance crocuses.



▲DAFFODILS WITH SCILLAS

Spread a carpet of daffodils and scillas underneath the deciduous trees and shrubs in your garden. Once established, this hardy partnership will thrive for many years. Here, Golden Harvest daffodils and blue scillas bloom simultaneously.

FLOWERING BULBS

TULIPS WITH DUTCH IRISES ▶

Princess Irene tulips mixed with lavender Dutch irises will perk up both your spirits and your flower border next April. Dutch irises are available in blue, white, yellow, violet, and pink.

▼ ANEMONES WITH NARCISSI

A stream of blue anemone blandas meanders through a bed of sunny yellow, Little Gem narcissi. Both species grow less than 8 inches tall.



DE GENNARO

For the showiest spring display, set Dutch iris bulbs 4 inches deep.



Little bulbs like anemones and miniature daffodils fit in small spaces.

BULB GARDENING TIPS

- Check the bloom time of tulip and daffodil varieties carefully before you buy bulbs, especially if you plan to mix them with little bulbs like crocuses. Kaufmanniana tulips are your best bet for early flowers.
- Plant bulbs as early in the fall as possible. This allows the bulbs to develop a root system before the ground freezes.
- Fertilize your bulbs when you plant them. Use bone meal or Holland Bulb Booster. Both of these products are available at your garden center.
- Stretch chicken wire over the surface of your garden if chipmunks or squirrels try to dig up newly planted bulbs.
- After blooming, let bulb foliage mature completely and turn yellow before you clip or mow the plants.
- Replace tulips after a few years if they show signs of wearing out. Most other bulbs can be left alone indefinitely.

To order bulb collections, see page 188.

◀ANEMONES WITH CROCUSES

A garden bursting with Jeanne d'Arc crocuses and White Splendor blanda anemones is so bright you can see the blooms even at night. Tuck these pint-size beauties under trees or in rock gardens. Plant both species 4 inches deep. Anemones are sometimes called windflowers.



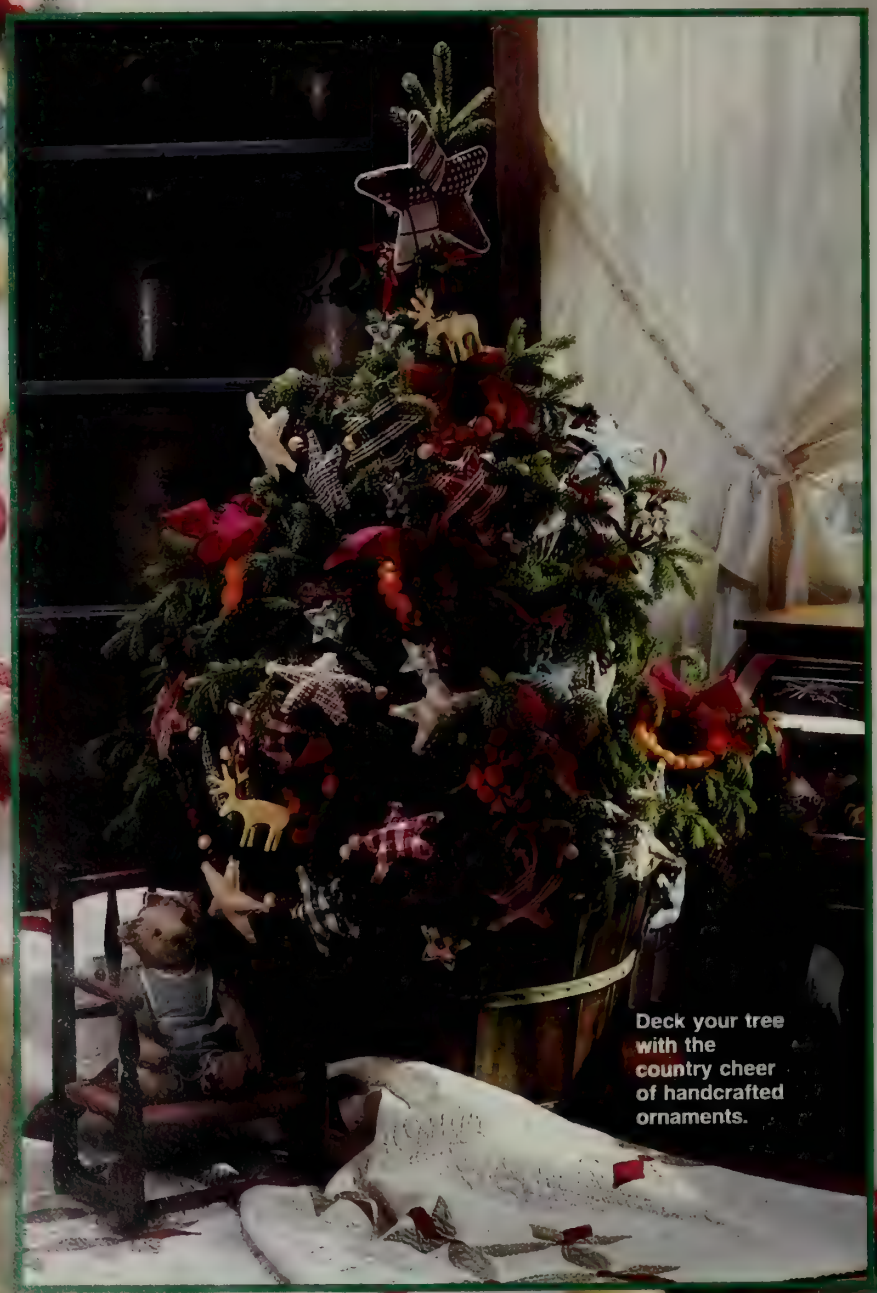
▲TULIPS AND SCILLAS

Plant Heart's Delight tulip along a garden path so you can view both its lovely blossoms and unusual red-striped foliage at close range. Blue scillas tucked between the tulips will complete the show.

COUNTRY TOUCHES FOR CHRISTMAS

Make-Aheads With That Homespun Feel

By Jim Williams and Jilann Severson



Deck your tree with the country cheer of handcrafted ornaments.

NEEDLEPOINT TREETOP

Top your tree with needlepoint worked in favorite country print designs.

CHECKERBOARD STARS

Two colors of salt dough and a little "magic" make these cookie cutter stars for your tree.



MINIATURE REINDEER

Make a whole herd of tiny reindeer. They're just wooden cutouts layered together and shaped by sanding.

MINI-ORANGE WREATHS

At the last minute, skewer kumquats (they look like tiny oranges) onto wire. Loop into a wreath and add a rag bow.

Get a head start on a countrified Christmas with these handcrafted trims for your tree.

Instructions begin on page 190.

STAR GARLAND

Stitch fabric stars from country plaids, then let them "twinkle" between colored wooden beads.

Designs: Garland, Jilann Severson; reindeer, Ron Hawbaker; checkerboard stars, Terri Pauser Wolf; wreath and treetop, Jim Williams
Photographs: Perry Struse

HEART ♥ OF ♥ THE ♥ HOME

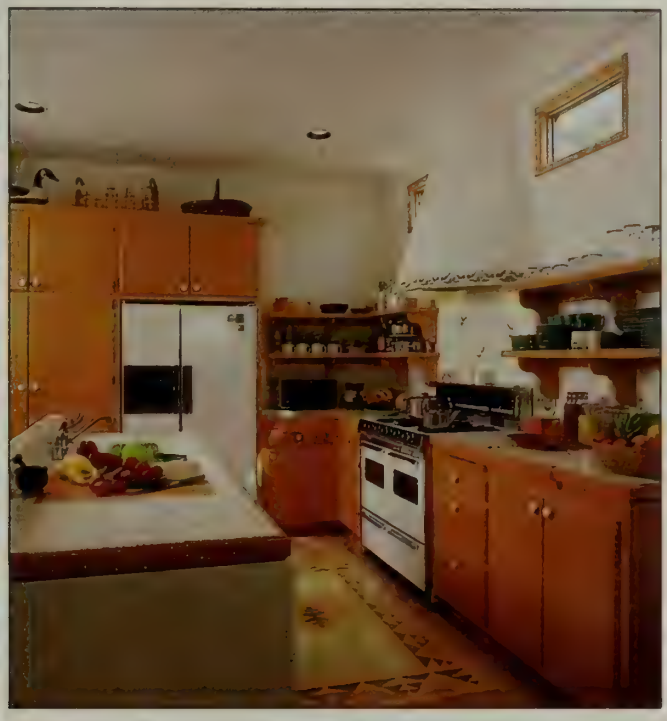
KITCHENS

IN THESE TWO HOMES, FAMILY LIFE REVOLVES AROUND AN OPEN KITCHEN

By Dave Freedman



A GET-TOGETHER ADDITION IN SOUTHWESTERN STYLE



Pat and Larry Merchant's 18×27-foot addition combines cooking, dining, and togetherness. "Now we spend a lot of time with each other around mealtime," says Pat.

◀Crafted kitchen

Above the stove, a rounded hood, finished with plaster and tile, highlights the decor. High windows allow ample storage on two walls.

Dividing island ▼

An island with a sink and dishwasher permits conversation between cooking, dining, and sitting areas.



Decorative niche ▲

The built-in sideboard, with ceramic-tile top, stores serving pieces. Open shelving displays handmade crafts. Round grilles above hide stereo speakers.



◀Mealtime sharing

Pat prepares a salad at the island while Larry relaxes with daughter Julie on the nearby window seat. Julie stores books, toys, and art supplies in drawers under the seat. "After meals she spreads her paints on the table," says Pat. "We love to watch her talents develop."

PHOTOGRAPHS: TOM MIYASAKI/DE GENNARO STUDIOS. DESIGN: MARGY NEWMAN. FIELD EDITOR: JOAN DEKTAR



WIDE-OPEN FLOOR PLAN IN CONTEMPORARY STYLE



A comfy family room, next to the open kitchen, invites late afternoon gathering. "When my husband gets home, the four of us talk about our day while we fix dinner," says Mom.

◀Warm feelings

Natural light, heat from the fireplace, relaxing colors, and togetherness all add up to a warm feeling in the family room.

Corner built-ins▼

Built-in ovens and the refrigerator face the island's sink. At the desk, Mom and Dad pay bills, make appointments, and do planning.



Clever storage▲

Stylish base cabinets must also be efficient in a kitchen with few walls for overhead cabinets. Space-saving drawers hold racks for dishes, cups, and glassware.

◀Team players

With two sinks and ample counter space, the kitchen can accommodate a team of cooks when meals become family projects. The vaulted ceiling, huge column, and high windows add grandeur. European cabinets and furniture provide contemporary styling.



PHOTOGRAPHS: RICK RUSING. FIELD EDITOR: MAXINE SCHWEIKER

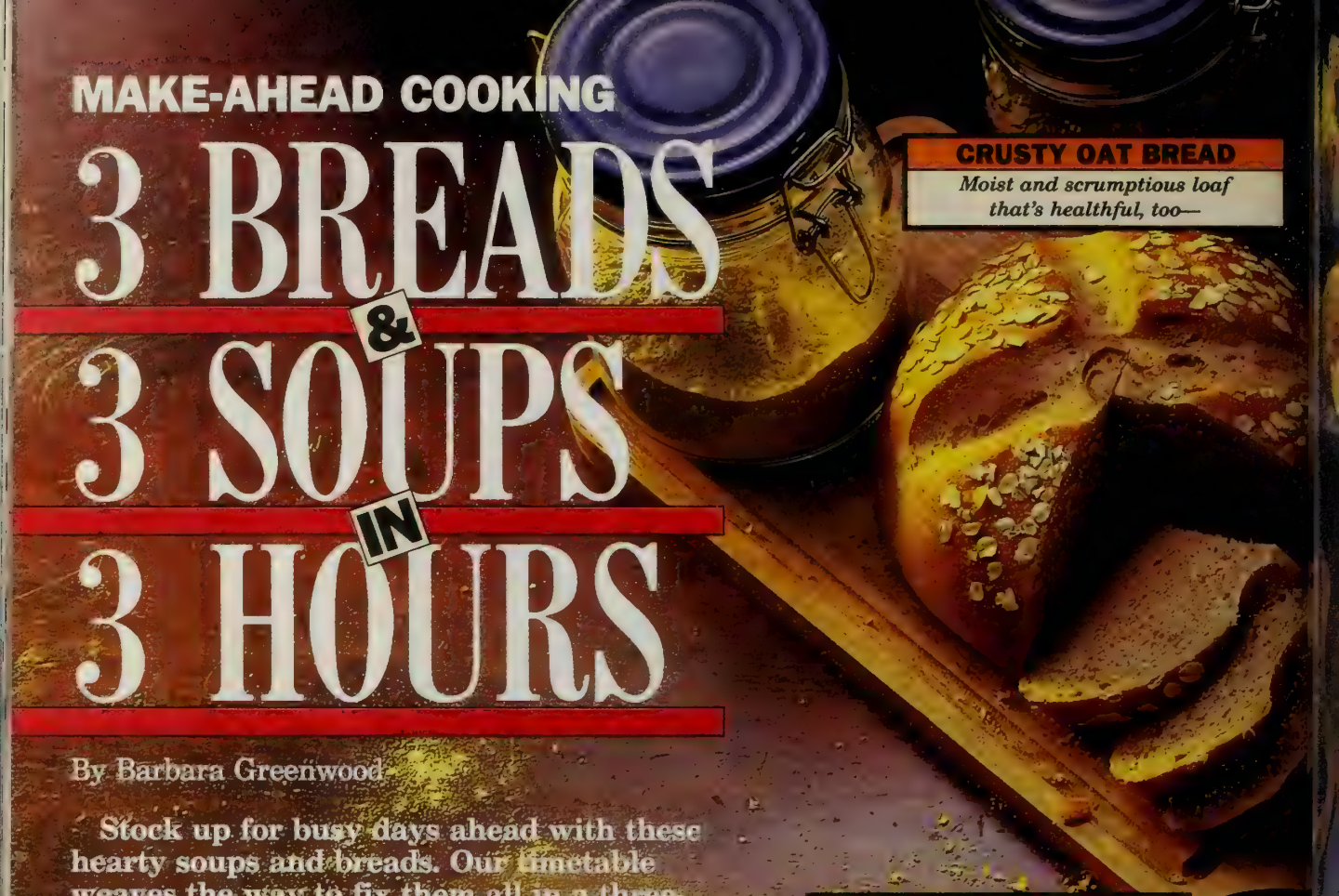
BUYING INFORMATION, PAGE 192.

MAKE-AHEAD COOKING

3 BREADS & 3 SOUPS IN 3 HOURS

By Barbara Greenwood

Stock up for busy days ahead with these hearty soups and breads. Our timetable weaves the way to fix them all in a three-hour cooking spree. The trick? Make a master stock and a yeast dough, then split each three ways. Your payoff: a freezerful of meals ready to heat on autumn days.



CRUSTY OAT BREAD

Moist and scrumptious loaf that's healthful, too—

HOCK 'N' BEAN SOUP

A mingling of black beans and pork hocks that makes taste buds dance—



TIMETABLE

9:00 READ RECIPES AND TIMETABLE
(The soup and bread recipes begin on page 163.)

9:05 GATHER UTENSILS

UTENSILS

- 3 large bowls
- 1½-, 2-, and 3-quart saucepans with lids
- 4½-quart Dutch oven
- colander
- 2 baking sheets
- 12 muffin cups
- wire rack
- cutting board
- paring and chef's knives
- rolling pin
- wooden spoon and rubber spatula
- fork
- custard cup
- pastry brush
- pin or wooden toothpick
- dry and liquid measuring cups; measuring spoons
- electric mixer
- can opener
- blender or food processor
- string and cheesecloth
- two 2-quart and one 1½-quart freezer containers
- scissors
- thermometer
- plastic wrap; freezer wrap; waxed paper; freezer tape; marking pen

Photos: Ron Crofoot. Food stylist: Janet Pittman

Buying information, page 192.



BROWN 'N' SERVE CLOVERLEAFS

Flavor these rolls with your favorite herbs and seeds—

CHEESE TWIST

Buttery bread wrapped around tunnels of cheddar cheese—

SEAFOOD GUMBO

Hot and spicy tasting—just the way gumbo should be!

CHICKEN SPAETZLE CHOWDER

A comforting blend of tender pasta and vegetables in a rich broth—

Timetable continued

TIMETABLE *continued*

9:15 GATHER INGREDIENTS

INGREDIENTS

Meat and Seafood
- 2 smoked pork hocks
- 1½ cups chopped cooked chicken *or* turkey
- 1 8-ounce package frozen, peeled, and deveined shrimp*
- 1 8-ounce package frozen salad-style crab-flavored fish*

Dairy Products
- 1½ cups buttermilk
- ¾ cup margarine *or* butter
- 5 eggs
- ½ cup shredded cheddar cheese
- Dairy sour cream*

Fresh Produce
- 1 onion
- 1 carrot
- 1 green pepper
- Leaves from 1 celery stalk
- 2 sprigs parsley
- Green onions*

Packaged and Canned Goods
- 2 packages quick-rising active dry yeast
- 1 49½-ounce can chicken broth
- 1 14½-ounce can chicken broth
- 1 14½-ounce can stewed tomatoes
- 1 10-ounce package frozen cut okra
- 1 5½-ounce can tomato juice
- ½ pound dry black beans
- ½ of a 16-ounce package loose-pack frozen mixed vegetables
- 1 12-ounce can evaporated milk
- ¾ cup packaged spaetzle

Staples
- All-purpose and whole wheat flours
- Bay leaf and dried dillweed
- Bottled hot pepper sauce
- Bottled minced garlic
- Cooking oil and shortening
- Ground red pepper
- Poppy seed, sesame seed, and fines herbes
- Quick-cooking tapioca
- Rice*
- Rolled oats
- Sugar and salt
- Whole black peppercorns and cloves
- Worcestershire sauce

***You'll need these ingredients when you serve the soups.**

9:25 START COOKING

OK, time to start on Hock 'n' Bean Soup. In the colander, rinse beans. In a 3-quart saucepan bring beans and water to boiling.

As beans come to boiling, make bouquet garni (see photo A) for Basic Soup Stock (see recipe, *page 163*).



A. For bouquet garni, tie the seasonings in cheesecloth.

When beans boil, reduce heat and simmer 2 minutes. Remove from heat. Cover and let stand for 1 hour.

In a 4½-quart Dutch oven combine all ingredients for Basic Soup Stock; bring to boiling. Cover and simmer for 30 minutes.

9:35 MIX YEAST DOUGH

With the stock and a soup under way, move right on to the breads. In a large mixer bowl mix up Basic Yeast Dough (see recipe, *page 163*). Turn on your oven; raise bread dough as recipe directs (see photo B).



B. To speed-raise dough, place in a briefly preheated oven 20 minutes.

9:50 GET SET FOR GUMBO

Back to soups; start another! In 2-quart saucepan cook flour-oil mixture for Seafood Gumbo (see photo C). Stir in tomatoes, tomato juice, okra, and red pepper. Set aside.



C. For Seafood Gumbo, cook flour-oil mixture till golden brown.

10:05 SHAPE 2 BREADS

Stir down Basic Yeast Dough; divide into thirds and chill one portion. Shape the Crusty Oat Bread (see photo D). Cover and chill. Shape Brown 'n' Serve Cloverleafs; let rolls rise 10 to 15 minutes while you preheat your oven to 325°.



D. For Crusty Oat Bread, shape a 6-inch dough circle; slash top.

10:25 STRAIN STOCK; COOL

You're half done! Remove the pork hocks from Basic Soup Stock; cool. Remove bouquet garni and discard. Strain Basic Soup Stock over a large container, reserving vegetables. Go ahead, sample the tasty broth you've made!

10:35 **FINISH GUMBO**

Add *one-third* of the Basic Soup Stock to Seafood Gumbo in pan. Bring to boiling; reduce heat. Cover; simmer 15 minutes. Remove from heat; cool. One soup down!

Meanwhile, bake Brown 'n' Serve Cloverleafs; cool on a wire rack. One bread down!

During simmering and baking, fill Cheese Twist (see photo E). Shape, cover, and let rise 20 to 25 minutes.



E. For Cheese Twist, sprinkle cheese down center of the two 14x5-inch dough rectangles.

The black beans for Hock 'n' Bean Soup should have finished soaking for 60 minutes by now. Drain them into the colander.

10:50 **SIMMER BEAN SOUP**

Remove and cut up meat from smoked pork hocks (see photo F). Discard bones.



F. Remove as much meat as you can from pork hock bones. Use meat in Hock 'n' Bean Soup.

In the 3-quart saucepan combine ingredients for Hock 'n' Bean Soup. Bring to boiling; reduce heat. Cover and simmer 1 hour. Cool. You're coming around to the home stretch!

11:00 **CHOWDER TIME**

In a blender grind tapioca for Chicken Spaetzle Chowder (see photo G). Remove and set aside.



G. Blend tapioca, covered, till finely ground. This will thicken Chicken Spaetzle Chowder.

In same blender container puree vegetables from Basic Soup Stock (see photo H). In a 2-quart freezer container combine all ingredients for Chicken Spaetzle Chowder. Seal, label, and freeze. Two soups down!



H. Puree vegetables from Basic Soup Stock in blender.

11:10 **BAKE MORE BREAD**

Bake Cheese Twist; cool. Meanwhile, tidy up your kitchen. When Cheese Twist has 10 minutes of baking left, remove Crusty Oat Bread from refrigerator; let stand at room temperature on counter.

11:30 **FREEZE YOUR WORK**

Place Seafood Gumbo in 2-quart freezer container. Seal; label. Freeze. Puncture air bubbles in Crusty Oat Bread; bake bread. Cool. When breads cool, wrap in freezer wrap (see photo I). Seal; label. Freeze.



I. Fold edges of wrap in a series of locked folds. Crease ends; seal.

When Hock 'n' Bean Soup cools, place in 1½-quart freezer container. Seal, label, and freeze (see photo J).



J. Apply lid to container, pressing out air. Date and label contents.

12:00 **YOU'RE DONE!**

Congratulations! You're ready for hectic days.

Turn to page 163 for Basic Soup Stock, Basic Yeast Dough, and other soup and bread recipes.



FAST FAMILY FAVORITES

PIZZA!

HOMEMADE AND SCRUMPTIOUS

By Terri Pauser Wolf

PIZZA TURNOVERS

Pizza can be a nutritious coup. These pockets rely on lean meat and a low-fat cheese to keep calories and fat in hand—

- **1 tablespoon cornmeal**
- **1 10-ounce package refrigerated pizza crust dough**
- **1½ cups shredded mozzarella cheese (6 ounces)**
- **½ cup pizza sauce**
- **1 4-ounce package sliced Canadian-style bacon, halved**
- **1 medium carrot, coarsely shredded (½ cup)**
- **2 tablespoons grated Parmesan cheese**

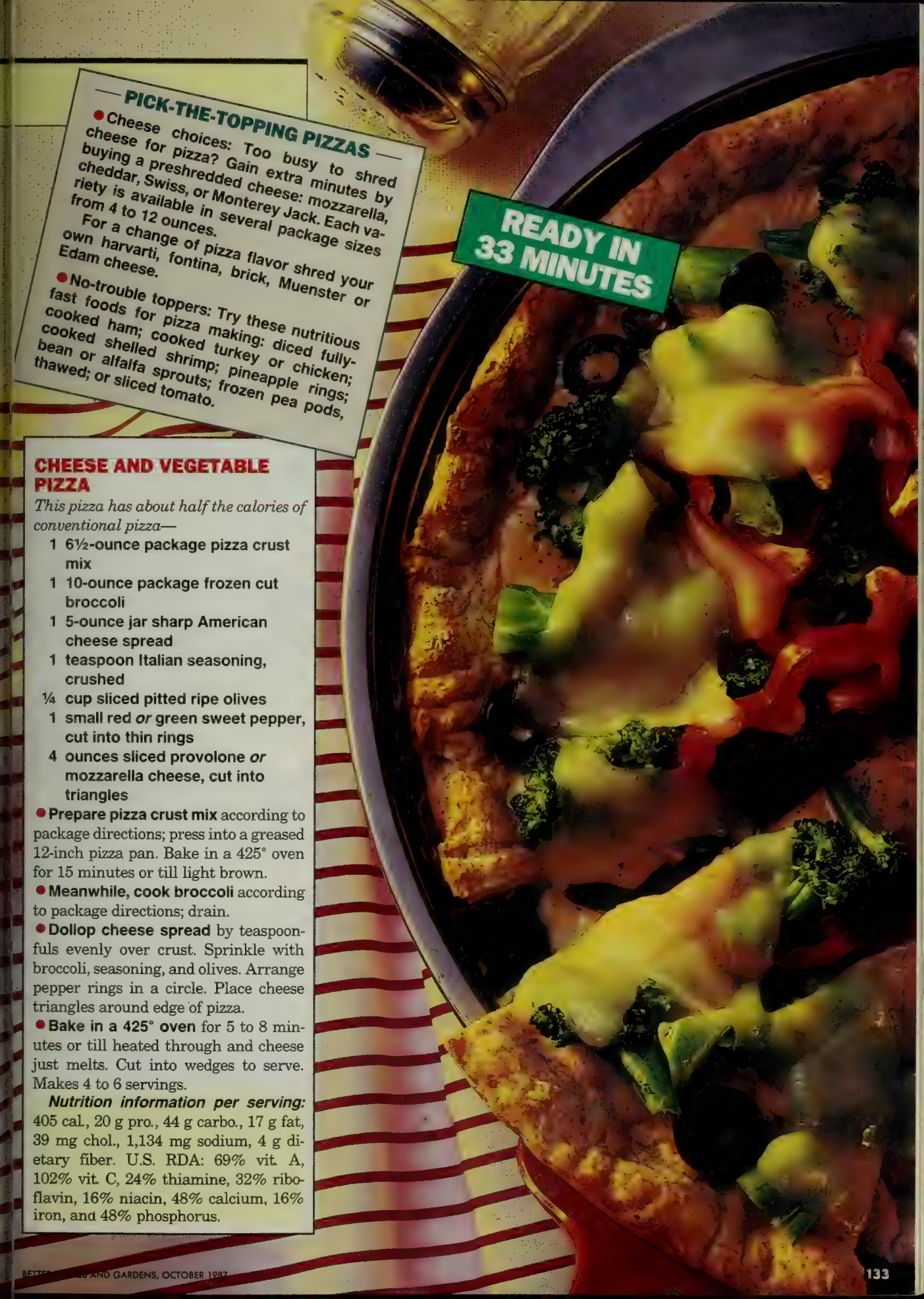
● **Lightly grease a baking sheet;** sprinkle with cornmeal. Unroll dough onto baking sheet. Pat or press dough into a 12-inch square; cut into quarters.

● **Sprinkle one-fourth of the cheese** on a diagonal half of each piece of dough. Top each with the pizza sauce, bacon, and carrot.

● **Fold each dough portion in half** to form a triangle and press edges firmly to seal. Cut slits in top of dough to allow steam to escape. Sprinkle Parmesan cheese over triangles. Bake in a 350° oven for 25 to 30 minutes or till golden. Makes 4 main-dish servings.

Nutrition information per turnover: 389 cal., 26 g pro., 40 g carbo., 13 g fat, 40 mg chol., 1,206 mg sodium. U.S. RDA: 111% vit. A, 18% vit. C, 34% thiamine, 25% riboflavin, 24% niacin, 38% calcium, 37% phosphorus, and 16% iron.

Photograph: Ron Crofoot
Food stylist: Janet Pittman



PICK-THE-TOPPING PIZZAS

● **Cheese choices:** Too busy to shred cheese for pizza? Gain extra minutes by buying a preshredded cheese: mozzarella, cheddar, Swiss, or Monterey Jack. Each variety is available in several package sizes from 4 to 12 ounces.

For a change of pizza flavor shred your own harvarti, fontina, brick, Muenster or Edam cheese.

● **No-trouble toppers:** Try these nutritious fast foods for pizza making: diced fully-cooked ham; cooked turkey or chicken; cooked shelled shrimp; pineapple rings; bean or alfalfa sprouts; frozen pea pods, thawed; or sliced tomato.

CHEESE AND VEGETABLE PIZZA

This pizza has about half the calories of conventional pizza—

- 1 6½-ounce package pizza crust mix
- 1 10-ounce package frozen cut broccoli
- 1 5-ounce jar sharp American cheese spread
- 1 teaspoon Italian seasoning, crushed
- ¼ cup sliced pitted ripe olives
- 1 small red *or* green sweet pepper, cut into thin rings
- 4 ounces sliced provolone *or* mozzarella cheese, cut into triangles

● **Prepare pizza crust mix** according to package directions; press into a greased 12-inch pizza pan. Bake in a 425° oven for 15 minutes or till light brown.

● **Meanwhile, cook broccoli** according to package directions; drain.

● **Dollop cheese spread** by teaspoonfuls evenly over crust. Sprinkle with broccoli, seasoning, and olives. Arrange pepper rings in a circle. Place cheese triangles around edge of pizza.

● **Bake in a 425° oven** for 5 to 8 minutes or till heated through and cheese just melts. Cut into wedges to serve. Makes 4 to 6 servings.

Nutrition information per serving: 405 cal., 20 g pro., 44 g carbo., 17 g fat, 39 mg chol., 1,134 mg sodium, 4 g dietary fiber. U.S. RDA: 69% vit. A, 102% vit. C, 24% thiamine, 32% riboflavin, 16% niacin, 48% calcium, 16% iron, and 48% phosphorus.

MEAT LOAF ITALIANO



1 can Campbell's Zesty Tomato Soup/Sauce
1 lb. ground beef
12 oz. Italian sausage, casing removed
½ cup dry bread crumbs
½ cup grated Parmesan cheese
½ cup minced onion
1 egg, beaten
1 tbsp. Worcestershire sauce
⅓ cup water

1. In bowl, mix thoroughly ½ cup soup, beef, sausage, crumbs, cheese, onion, egg and Worcestershire. In baking pan, firmly shape into 8" x 4" loaf.
2. Bake at 350°F. for 1¼ hours or until done. Reserve 2 tbsp. drippings.
3. In saucepan, heat remaining soup, water and reserved drippings to boiling, stirring occasionally. Spoon over meat loaf. 8 servings.

BE A CREATIVE COOK

SHERRIED CHICKEN AND SWEET POTATOES



2 whole chicken breasts, split, skinned and boned (about 1 lb. boneless) or 1 lb. turkey breast slices
2 tbsp. butter
3 medium sweet potatoes, cooked and cut up
¼ cup dry sherry
1 can Campbell's Cream of Mushroom Soup
1 tbsp. orange juice
¼ tsp. rubbed sage
Orange slices and chopped parsley

1. Pound chicken to ¼" thickness.
2. In skillet over medium heat, in hot butter, cook and stir potatoes 1 min. Add sherry. Heat to boiling. Boil 1 min.
3. Stir in soup, orange juice and sage. Arrange chicken in skillet. Reduce heat to low. Cover; simmer 20 to 25 min. until chicken is fork-tender. Garnish with orange slices and parsley. 4 servings.



CHEDDAR GARDEN PASTA

1 lb. carrots, diagonally sliced
1 tbsp. butter
½ tsp. dried basil
1 can Campbell's Cream of Celery Soup
⅓ cup milk
½ cup shredded Cheddar cheese
2½ cups cooked corkscrew macaroni

1. In covered saucepan, in ½" of boiling water, cook carrots until tender; drain.
2. In same saucepan, heat butter over low heat. Cook basil 1 min., stirring constantly. Stir in soup, milk and cheese. Heat until cheese melts. Add carrots and pasta; toss to coat. Heat. 6 servings.

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AT THE BOTTOM OF IT ALL SOUP MAKES GOOD FOOD.

MEXICAN FIESTA!

40 MINUTES FROM START TO FEAST

By Barbara Greenwood



PHOTOGRAPH: JIM HEDRICH FOOD STYLIST: PAT GODSTED

Rush-hour cooking for busy families.

STACKS OF CHILI

Substitute a can of corn for the hominy, if you like—

- **1 24-ounce can chili with beans**
- **1 16-ounce can hominy, drained**
- **2 to 3 tablespoons jalapeño pepper relish *or* canned chopped jalapeño peppers**
- **6 7-inch flour tortillas**
- **½ of a 4-ounce package shredded cheddar cheese (½ cup)**
- **1 2¼-ounce can sliced pitted ripe olives, drained**
- **1 large tomato, cut into thin wedges**

Dairy sour cream *or* salsa (optional)
Sliced green onion

● **Preheat the oven to 375°.** In a 2-quart saucepan stir together the chili, hominy, and jalapeño pepper relish or jalapeño peppers; cook and stir till heated through.

● **Meanwhile,** on a lightly greased large baking sheet place *2* of the tortillas side by side. Spoon *⅔ cup* of the chili mixture onto *each* tortilla. Sprinkle *each* tortilla with about *1 tablespoon* of the cheese and a few olives. Repeat layers twice.

● **Cover baking sheet loosely** with foil. Bake in a 375° oven about 25 minutes or till hot. Cut into wedges; top with tomato, sour cream or salsa, and onion. Makes 2 stacks, 4 servings.

Nutrition information per serving: 443 cal., 20 g pro., 51 g carbo., 18 g fat, 44 mg chol., 1,207 mg sodium, and 5 g dietary fiber. U.S. RDA: 14% vit. A, 14% riboflavin, 17% niacin, 26% calcium, 29% iron, 37% phosphorus.

AVOCADO ORANGE SALAD

Fan thin wedges from 2 chilled *avocados* and sections from 2 chilled *oranges* over *lettuce* leaves. Top with halved *lime* slices. Makes 4 servings.

Nutrition information per serving: 193 cal., 3 g pro., 15 g carbo., 16 g fat, 0 mg chol., 10 mg sodium. BH&G



INTRODUCING HOMESTYLE FIBER.

Campbell's® New Homestyle Bean Soup combines three types of beans with a rich, savory broth to create a delicious source of fiber.

And fiber is important. Because the National Cancer Institute says that a diet high in fiber and low in fat may help reduce the risk of some kinds of cancer.

What's more, you can get as much fiber from a serving of Homestyle Bean Soup as you can from a serving of many bran cereals. Which means that you don't just have to think about breakfast if you want to get more fiber into your diet.

So try Campbell's New Homestyle Bean Soup. Or try our other Homestyle Soups: Cream of Tomato—high in vitamin C. Beef Noodle—a tasty source of protein. Vegetable and Chicken Noodle—both a good source of vitamin A. There's a lot of down-home goodness at the bottom of it all.



AT THE BOTTOM OF IT ALL SOUP IS GOOD FOOD.

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SPOOKY COOKIES

WHOLE WHEAT TREATS FOR HUNGRY GOBLINS

By Barbara Greenwood



PHOTOGRAPHS: RON CROFOOT; FOOD STYLIST: JANET HERWIG

TO MAKE JACK-O'-LANTERN EYES: Spoon crushed candy into cutouts on foil-lined baking sheet. The candy melts during baking, and hardens upon cooling.

Perfectly frightful treats for a costume party! Wrap them in colorful tissue.

Boo! What's more fun at Halloween than carving and lighting pumpkins so ol' Jack glows? Making scary faces in cookie dough, so you can eat them, too!

SPOOKY COOKIES

- 1¾ cups whole wheat flour
- 1 cup all-purpose flour
- 1 teaspoon pumpkin pie spice
- ½ teaspoon baking soda
- ½ cup margarine *or* butter
- 1 cup packed brown sugar
- 1 egg
- ½ teaspoon vanilla
- ½ cup dairy sour cream
- 3 ounces yellow *or* red clear hard candy, finely crushed

● **Combine** flours, spice, baking soda, and ¼ teaspoon *salt*.

● **In bowl beat** margarine or butter on medium speed 30 seconds or till softened. Add sugar; beat till fluffy. Add egg and vanilla; beat well. Add flour mixture and sour cream alternately, beating well after each addition.

● **Halve dough.** Cover; chill 2 hours or till easy to handle.

● **On a lightly floured surface roll** *half* of the dough ⅛ inch thick. Cut out cookies with a 6-inch pumpkin cutter *or* use a knife to cut out 6-inch pumpkin shapes. Place on foil-lined cookie sheets. Using hors d'oeuvre cutters or sharp knife, cut out eyes, mouths, or noses. Use dough scraps to make noses or eyebrows; attach. With knife, make stem and vein marks in cookies. Spoon enough candy into each cutout to fill hole. Repeat with remaining dough; reroll as necessary.

● **Bake in a 350° oven** 6 to 8 minutes or till very light brown around edges. Cool on baking sheet 10 minutes. Peel off foil; cool. Store in airtight container. Makes about 10 large cookies.

Nutrition information per cookie: 346 cal., 5 g pro., 55 g carbo., 13 g fat, 33 mg chol., 239 mg sodium, 2 g dietary fiber. U.S. RDA: 14% thiamine, 13% iron, 12% phosphorus. FP AC

TO ORDER COOKIE CUTTERS, SEE PAGE 188.

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Campbell's® Golden Classic™ and Creamy Natural Soups. A collection especially created for the gourmet in us all.

Take, for example, the delicate flavor of our Chicken Vegetable with Long Grain and Wild Rice. Our delectable Cheese Pasta (Tortellini). And our hearty Sirloin Beef.

Or savor instead the rich taste of our Creamy Asparagus, Creamy Broccoli and Creamy Potato Soups.

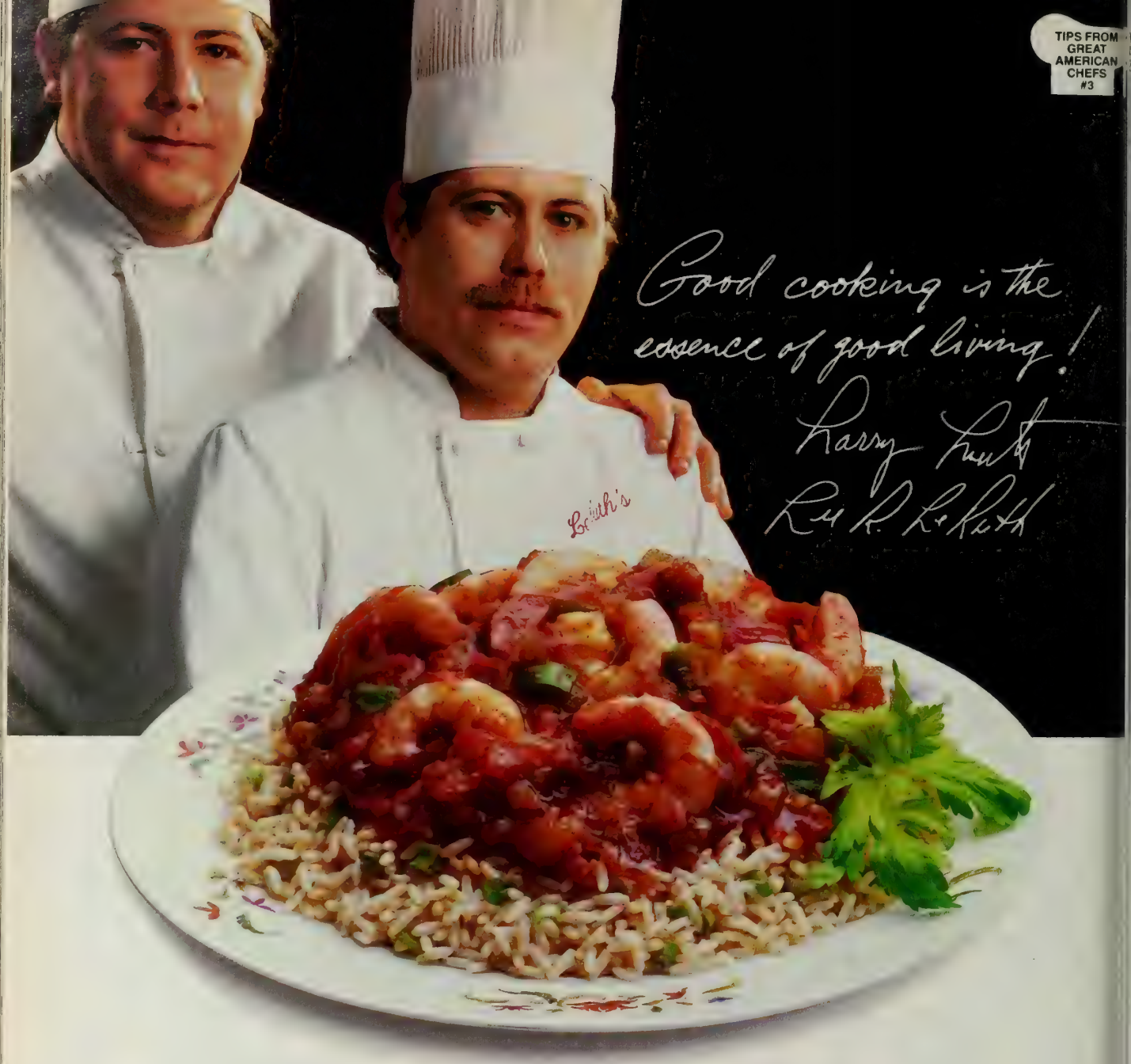
Either way, you'll find they're prepared from special recipes and made with nothing artificial. What's more, they're too luscious to save for just special occasions.

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No artificial ingredients. No preservatives.



AT THE BOTTOM OF IT ALL, SOUP IS GOOD FOOD.



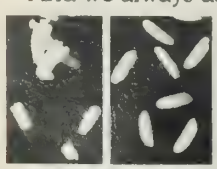
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CHEFS LEE & LARRY LERUTH, LERUTH'S RESTAURANT, NEW ORLEANS

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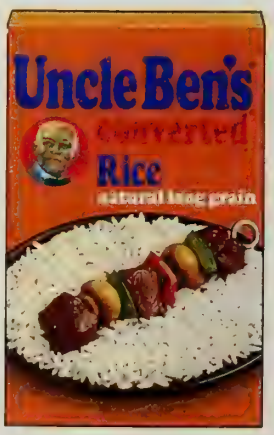
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COOKING WITH PUMPKIN! A CLASSY ENTRÉE, A CLASSIC PIE

NEW IDEAS FOR AUTUMN'S FAVORITE VEGETABLE

Whether you pick your pumpkin fresh from a garden patch or canned from a supermarket shelf, you'll savor these tempting creations.



Simple chicken entrée with a classy, satiny sauce.



SCOTT LITTLE

Classic pumpkin pie with apple butter added.

CHICKEN BREASTS WITH PUMPKIN SAUCE

- 1 clove garlic, minced
- 1 tablespoon margarine *or* butter
- 1 tablespoon olive oil
- 2 whole large chicken breasts (about 2 pounds total), skinned, boned, and halved lengthwise
- ½ cup light *or* whipping cream
- ½ cup mashed cooked pumpkin
- ¼ teaspoon salt
- Dash white pepper
- Dash ground nutmeg
- Toasted broken pecans *or* slivered almonds

In a large skillet cook garlic in hot margarine or butter and oil for 30 seconds. Add chicken breasts. Cook, uncovered, over moderately high heat 4 to 5 minutes on each side or till no pink remains. Transfer chicken to a heated platter; keep warm.

Add cream to skillet. Scrape brown bits from bottom and sides of skillet. Add pumpkin, salt, white pepper, and nutmeg. Stir over moderate heat about 3 minutes or till of desired consistency; pour over chicken. Top with nuts. Serves 4.

Nutrition information per serving: 330 cal., 37 g pro., 4 g carbo., 18 g fat, 116 mg chol., 265 mg sodium. U.S. RDA: 143% vit. A, 11% riboflavin, 79% niacin, 30% phosphorus.

USING FRESH PUMPKIN OR CANNED

When a recipe calls for mashed cooked pumpkin, cook and mash a fresh pumpkin or simply open a can. Fresh cooked pumpkin and canned pumpkin are interchangeable.

To cook fresh pumpkin, cut top from 1 medium pumpkin (about 8 pounds). Scoop out seeds. Replace top.

Place the whole pumpkin on a baking sheet. Bake pumpkin in a 300° oven about 3 hours or till tender. While pulp is still warm, scoop the pulp from rind. Discard the rind. Put warm pulp through food mill or puree in a blender.

In a saucepan cook the pumpkin puree over medium heat for 40 to 60 minutes or till reduced by half, stirring occasionally. Cool. Store in an airtight container in the refrigerator up to 4 days. (*Or,* divide into 1-cup freezer containers. Seal, label, and freeze up to 1 year.) Makes about 3½ cups.

APPLE BUTTER PUMPKIN PIE

- 1 cup mashed cooked pumpkin
- 1 cup apple butter
- ⅓ cup packed brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 3 eggs
- 1 5-ounce can (⅔ cup) evaporated milk
- ⅓ cup milk
- 1 9-inch frozen unbaked pastry shell, thawed
- Whipped cream

In a medium mixing bowl combine pumpkin, apple butter, brown sugar, cinnamon, salt, ginger, and nutmeg. Add eggs. With a fork lightly beat eggs into pumpkin mixture. Stir in evaporated milk and milk. Pour into unbaked pastry shell. Cover edge of shell with foil to prevent overbrowning. Bake in a 375° oven for 25 minutes. Remove foil; continue baking about 25 minutes more or till set. Cool on wire rack. Serve with whipped cream. Makes 8 servings.

Nutrition information per serving: 294 cal., 5 g pro., 42 g carbo., 12 g fat, 110 mg chol., and 297 mg sodium. U.S. RDA: 138% vit. A, 10% calcium, 12% phosphorus.



The taste that overturned the pastry crust tradition!

A Keebler® Graham Cracker Ready-Crust® pie crust adds a lightly sweet taste to baked apple pie you just can't get from a pastry crust. Try this recipe. It just might turn your pie-making traditions upside down!

DUTCH APPLE PIE

- 1 Keebler® Graham Cracker Ready-Crust® pie crust
- 1 large egg yolk, slightly beaten
- 5-1/2 cups sliced, cored, peeled cooking apples
- 1 tablespoon lemon juice*
- 1/2 cup sugar
- 1/4 cup light brown sugar, firmly packed
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 cup all-purpose flour
- 1/4 cup sugar
- 1/4 cup light brown sugar, firmly packed
- 1/3 cup butter or margarine, at room temperature

*Omit lemon juice if apples are very tart.

Preheat oven to 375°F. Brush bottom and sides of crust evenly with egg yolk; bake on baking sheet until light brown, about 5 minutes. Remove crust from oven. Combine sliced apples, lemon juice, ½ cup sugar, ¼ cup brown sugar, 3 tablespoons flour, salt, cinnamon and nutmeg. Mix well and spoon into crust. Mix remaining flour, sugar, brown sugar and butter with fork or pastry blender until crumbly. Sprinkle topping mixture evenly over apples. Bake on baking sheet until topping is golden and filling is bubbling, about 50 minutes. Cool on wire rack. Serve at room temperature. Serves 8.



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SUPER SANDWICHES

TO BANISH LUNCH-BOX BLAHS

Ensure that your kids eat right when away from home by packing these too-good-to-swap sandwich treats.

By Lynn Hoppe



SCOTT LITTLE

Make Nutty Cheese Sandwich and Chicken Salad Roll-Ups ahead. In the morning, just pack 'em up and move 'em out.

CHICKEN SALAD ROLL-UPS

Break the routine with a a snazzy version of a chicken salad sandwich that takes on a new shape in a rolled flour tortilla—

- **1 5- *or* 5½-ounce can chunk-style chicken, drained**
- **¼ cup sunflower nuts**
- **¼ cup mixed dried fruit bits**
- **¼ cup thinly sliced celery**

• • •

- **¼ cup mayonnaise *or* salad dressing**
- **3 tablespoons lemon yogurt**
- **4 6-inch flour tortillas**

In a small mixing bowl stir together the chicken, sunflower nuts, dried fruit bits, and sliced celery. Set chicken mixture aside.

For dressing, in a small mixing bowl stir together mayonnaise or salad dressing and lemon yogurt. Add to chicken mixture; toss to coat.

Spread *⅓ cup* of the chicken mixture over *each* tortilla to within ½ inch of edge. Roll up tightly; wrap rolled tortilla in clear plastic wrap. Place in a freezer bag or container. Seal, label, and freeze tortillas for up to 1 month.

For *each* serving, pack a frozen filled tortilla in a lunch box or brown bag with a frozen ice pack or a carton of frozen fruit juice. Eat tortilla within 4 hours. Makes 4 servings.

Nutrition information per sandwich: 309 cal., 12 g pro., 26 g carbo., 18 g fat, 31 mg chol., 279 mg sodium. U.S. RDA: 11% thiamine, 14% niacin, 11% calcium, 13% iron, 15% phosphorus.

HOW TO AVOID THE LUNCH-BOX BLUES

▲ The secret to keeping your packed sandwiches safe and fresh is keeping them cold till lunchtime. Add a frozen ice pack designed for coolers and your lunch will remain cold for up to six hours.

▲ These blue plastic ice packs are relatively inexpensive, and you can buy them almost anywhere. Look for this type of ice pack in discount stores, hardware stores, and large grocery stores.

▲ Put your ice pack into the freezer the night before so that it's frozen solid when you add it to your lunch box the next morning.

▲ For a one-way-trip ice pack, a frozen carton of fruit juice is a good alternative. Just place a carton in the freezer the night before and add it to your lunch box in the morning. The juice keeps your sandwich cool and provides a delicious drink, too.

NUTTY CHEESE SANDWICH

This slightly sweet apple-carrot-peanut sandwich spread keeps on call up to one week for kid and adult brown-baggers. Just store it in an airtight container in the refrigerator—

- **1 3-ounce package cream cheese, softened**
- **½ cup shredded cheddar *or* colby cheese (2 ounces)**
- **½ cup finely shredded carrot *or* zucchini**
- **2 teaspoons honey**
- **1 small apple *or* pear, cored and coarsely chopped**
- **¼ cup chopped peanuts *or* pecans**
- **Whole wheat bread slices**

In a medium mixing bowl stir together the softened cream cheese, the shredded cheddar or colby cheese, shredded carrot or zucchini, honey, apple or pear, and peanuts or pecans. Cover and chill the cream cheese mixture up to 1 week.

For *each* cheese sandwich, spread about *¼ cup* of the cream cheese mixture on *1* slice of whole wheat bread. Top cream cheese mixture with another bread slice.

Pack the individual cheese sandwiches in a lunch box or a brown paper bag with a frozen ice pack. Eat the sandwich within 4 hours of packing. Makes 5 servings.

Nutrition information per sandwich: 232 cal., 9 g pro., 20 g carbo., 14 g fat, 31 mg chol., and 287 mg sodium. U.S. RDA: 69% vit. A, 10% niacin, 13% calcium, and 17% phosphorus. BH&G



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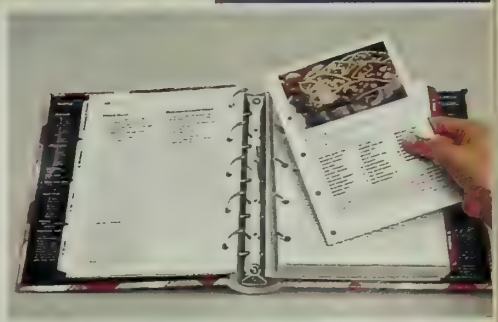
In the recipe section following you'll find main dish, side dish, dessert and baked goods recipes that will delight the whole family and provide you with new meal ideas for the fall, the holidays and many years to come.

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Lattice-Top Chicken

It's fast, it's easy. And only Durkee adds that crunch... that savory onion flavor.

(Ready To Bake In Just 10 Easy Minutes)

1 can (10 3/4 oz.) condensed cream of potato soup
1 cup milk
1/2 teaspoon Durkee Seasoned Salt
2 cups (10 oz.) cubed cooked chicken
1 bag (16 oz.) frozen broccoli, carrots, and cauliflower vegetable combination, thawed and drained
1 cup (4 oz.) shredded Cheddar cheese
1 can (2.8 oz.) Durkee French Fried Onions
1 package (4 oz.) refrigerator crescent rolls

Combine soup, milk, seasoned salt, chicken, vegetables, 1/2 cup cheese and 1/2 can French Fried Onions; place in 8 × 12-inch baking dish. Bake, covered, at 375°F for 20 minutes. Unwrap crescent rolls; separate into two rectangles. Press together perforated cuts; cut each rectangle lengthwise into 3 strips. Place strips on casserole to form lattice top. Bake, uncovered, 15 minutes longer. Top latttice with remaining cheese and onions; bake, uncovered, 3 to 5 minutes or until onions are golden brown. Preparation time: 10 minutes. Makes 4 to 6 servings.

MICROWAVE DIRECTIONS: Prepare as above, except use 3/4 cup milk. Cook, covered, on HIGH 5 minutes; stir. Place crescent dough strips side by side lengthwise down casserole; do not overlap. Cook, loosely covered, 5 minutes; turn halfway through cooking time. Cook, uncovered, 5 minutes. Top lattice with remaining cheese and onions. Cook, uncovered, on HIGH 1 minute. Let stand 5 minutes before serving.



Durkee Casseroles — So fast and easy.



Oriental Stir-Fry

Discover the "oriental secret" that turns an everyday stir-fry into something special!

1/2 cup chicken or beef bouillon
1-2 tablespoons Durkee RedHot Cayenne Pepper Sauce or to taste
2 tablespoons ketchup
2 tablespoons soy sauce
2 teaspoons cornstarch
1 teaspoon packed brown sugar
1 tablespoon vegetable oil
1/2 lb. boneless chicken, pork, or beef, cut in thin strips
4 cups assorted cut-up vegetables (broccoli, carrots, mushrooms, etc.)

Combine first 6 ingredients. Heat oil in skillet or wok; stir-fry chicken or meat 2-3 minutes. Add vegetables; stir-fry 2-3 minutes. Add sauce mixture; cook 2 minutes or until thick. Serve with rice, if desired. Makes 4 servings.

The "secret" is bringing out the flavor... not just adding heat.

Durkee RedHot™

Adds tang and flavor, not just heat.





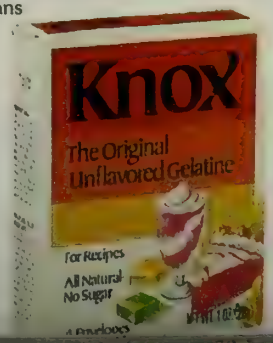
Fort Knox Pie

Made with Knox® Gelatine

1 envelope Knox® Unflavored Gelatine
1/4 cup cold water
2 cups (1 pt.) whipping or heavy cream
1 bag (6 oz.) semi-sweet chocolate chips
2 eggs
1 teaspoon vanilla extract
1 cup caramels (about 22)
2 tablespoons butter
Chocolate-Pecan Crust*

In small saucepan, sprinkle unflavored gelatine over water; let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 3 minutes. Stir in 1 cup cream. Bring just to the boiling point, then immediately add to blender with chocolate. Process until chocolate is completely melted, about 1 minute. While processing, through feed cap, add 1/2 cup cream, eggs and vanilla; process until blended. Pour into large bowl and chill until thickened, about 15 minutes.
Meanwhile, in small saucepan, combine caramels, 1/4 cup cream and butter. Simmer over low heat, stirring occasionally, until caramels are completely melted and mixture is smooth. Pour onto prepared crust to cover bottom; let stand at room temperature to cool, about 10 minutes.
With wire whisk or spoon, beat gelatine mixture until smooth. Pour into prepared pie crust; chill until firm, about 3 hours. Garnish with remaining cream, whipped. Makes about 8 servings.

***Chocolate-Pecan Crust:** In small bowl, combine 1 box (8 1/2 oz.) chocolate wafer cookies, crumbled (about 2 cups crumbs), 3/4 cup finely chopped pecans and 1/2 cup melted butter or margarine. Press into 9-inch pie pan and press up sides to form a high rim.
Bake at 350°F, 10 minutes; cool.



Knox adds the ingredient of elegance.



Raisin-Stuffed Cornish Game Hens With Apples

1 envelope Lipton® Onion Recipe Soup Mix
1 1/4 cups apple cider or juice
2 cups unseasoned cube stuffing mix
1/3 cup raisins
1/3 cup coarsely chopped walnuts
4 Cornish hens (1 to 1 1/2 lbs. ea.)
2 large apples, cored and halved
1/4 cup brown sugar
1/2 teaspoon ground cinnamon

Preheat oven to 375°F.
In medium bowl, blend onion recipe soup mix with cider. Pour 1/2 mixture into medium bowl; stir in stuffing mix, raisins and walnuts. Stuff hens with raisin mixture; secure cavities with poultry pins or skewers. In shallow baking pan, arrange hens and apples.
To remaining cider mixture, blend in sugar and cinnamon; brush hens and apples with 1/2 mixture. Bake, brushing occasionally with remaining glaze mixture, 1 hour or until hens are done. To serve, on large serving platter, arrange hens and apples, sliced. Makes 4 servings.
MICROWAVE DIRECTIONS: Prepare hens and glaze mixture as above. Slice apples in quarters. In 3-quart oblong baking dish, arrange hens and apples; brush with 1/2 glaze. Heat at HIGH (Full Power), brushing occasionally with remaining glaze and turning dish occasionally, 45 minutes or until hens are done. Let stand covered 5 minutes. Serve as above.
Tested Recipe from The Lipton Kitchens

Great meals start with Lipton soup.





Nutty Tea Ring

Makes 1 coffeecake

3 1/4 cups all-purpose flour
1/4 cup sugar
1 teaspoon salt
2 packages FLEISCHMANN'S® Active Dry Yeast
1/2 cup dairy sour cream
1/2 cup water
6 tablespoons butter or margarine
1 egg, at room temperature
1/2 cup chopped dried apricots
1/2 cup pecan pieces
1/4 cup firmly packed brown sugar
1/2 teaspoon ground cinnamon
Confectioner's sugar glaze

In large bowl mix 2 cups flour, sugar, salt and FLEISCHMANN'S Active Dry Yeast. Heat sour cream, water and 1/4 cup margarine until hot to touch (120 to 130 degrees F); add to dry ingredients. Beat 2 minutes at low speed. Add egg; beat 2 minutes at medium speed. Stir in enough remaining flour to make a soft dough. On floured surface, knead 4 minutes. Place in greased bowl, turning to grease top. Cover, let rise in warm place 20 minutes or until doubled. Punch dough down. Roll dough to a 16 × 9-inch rectangle. Spread remaining 2 tablespoons butter on dough. In small bowl, combine apricots, pecan pieces, brown sugar and cinnamon; sprinkle over dough. Roll up from long side as for jelly roll; seal seam. On greased CushionAire® baking sheet, place roll seam-side down. Seal ends together to form a ring. Cut slits 2/3 of the way through at 1-inch intervals. Turn each section on its side; cover. Let rise in warm place 20 minutes or until almost doubled.
Bake at 375 degrees for 20 to 25 minutes. Remove from CushionAire baking sheet; cool on wire rack. Drizzle with confectioner's sugar glaze.
To save up to 50% rising time use FLEISCHMANN'S RapidRise Yeast. Follow Quick Mix directions on package back.

Fleischmann's Yeast — for taste and quality.





CushionAire™
A new concept in bakeware.

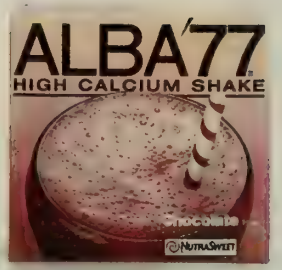


Chocolate Mint Pie

1/2 cup graham cracker crumbs
2 tablespoons butter or margarine, melted
1/4 cup cold water
1 envelope unflavored gelatin
1/2 cup skim milk
3 envelopes Alba® Chocolate Shake
1/4 teaspoon imitation peppermint extract
3 large ice cubes
1/2 cup frozen whipped topping, divided

Thoroughly combine crumbs and butter; press crumb mixture firmly against bottom and sides of an 8-inch pie plate to form crust. Bake in preheated 350°F oven, 8 minutes; cool. In small saucepan, sprinkle gelatin over water; let stand until softened, about 1 minute. Stir over low heat until gelatin is completely dissolved; cool slightly. In blender container, combine milk, Alba Shake, peppermint extract and gelatin mixture. Cover; process at low speed 30 seconds, adding ice cubes one at a time. Process at highest speed until mixture starts to thicken. Transfer to bowl; blend in 1/4 cup whipped topping. Spoon mixture into prepared crust. Chill until set, about 4 hours. Garnish each serving with 2 teaspoons of whipped topping. Makes 6 servings.
132 calories per serving

ALBA SHAKE MIX
For treats that are all sweetness and light.





Sweet and Sour Chicken

½ lb. boneless chicken, cut into thin strips
2 teaspoons cornstarch
½ teaspoon La Choy® Soy Sauce
2 tablespoons oil

1 cup each: cubed onion and green bell pepper
½ teaspoon each: minced garlic and ginger root
1 (10-oz.) jar La Choy® Sweet & Sour Sauce

1 (8-oz.) can La Choy® Sliced Water Chestnuts
1 teaspoon La Choy Soy Sauce
1 (5-oz.) can La Choy® Chow Mein Noodles

In bowl, mix meat, cornstarch and soy sauce. In large, non-stick skillet, heat oil, stir-fry meat until it loses color. Remove with slotted spoon; set aside. Add onion, bell pepper, garlic and ginger to pan and stir-fry 1 to 2 minutes. Add remaining ingredients, cook, stirring constantly, until thick and bubbling. Add meat, toss to coat and heat through. Serve with chow mein noodes. Makes 4 servings.

La Choy.
A welcome departure.





Dilled Pork Scallopini

1 (1 pound) pork tenderloin
All-purpose flour
1 egg
1 tablespoon water
½ cup seasoned dry bread crumbs

2 tablespoons butter or margarine
1 medium carrot, julienne or diced
1 jar (12 ounces) Heinz® HomeStyle Brown Gravy

3 tablespoons half and half or milk
1 teaspoon lemon juice
½ teaspoon dill weed
1 tablespoon dairy sour cream

Cut pork crosswise into 12 slices; flatten to ¼-inch thickness. Dust pork lightly with flour. Combine egg and water. Dip pork into egg mixture, then coat with crumbs. In large skillet, sauté pork in butter, a few pieces at a time, about 3 minutes per side or until golden brown; add more butter if necessary. Keep pork slices warm while preparing sauce. For sauce, sauté carrot in same skillet until tender-crisp, about 1 to 2 minutes. Stir in gravy and next 3 ingredients; heat. Stir sour cream into sauce just before serving. Makes 4 servings (about 1¾ cups sauce).

Dilled Pork Scallopini
A surprising delicacy, because even though it tastes like gourmet fare, it's incredibly easy to make. That's because it uses readily available ingredients and deliciously rich Heinz HomeStyle Gravy, the one made with real beef and beef juices.





Cheesy Pizza Potatoes

1 pound ground beef
1 package Betty Crocker® au gratin potatoes
1 cup hot water
2/3 cup milk
1/4 cup sliced pitted ripe olives
1/2 teaspoon salt
1/2 teaspoon Italian seasoning
1/4 teaspoon pepper
1 can (16 ounces) whole tomatoes, undrained
1 can (4 ounces) mushroom stems and pieces, drained
1 cup shredded mozzarella cheese

Heat oven to 400°. Cook and stir beef over medium-high heat until brown; drain. Mix beef and remaining ingredients except cheese in ungreased 2-quart casserole; break up tomatoes. Bake uncovered until potatoes are tender, 45 to 50 minutes; sprinkle with cheese. Bake until cheese is melted, about 5 minutes. Let stand 5 minutes. 6 to 8 servings.

High Altitude Directions (3500 to 6500 feet): No adjustments are necessary.

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Betty Crocker...
She's the best thing
that ever happened to potatoes.





Great American Meat Loaf

1 1/2 pounds lean ground beef
1 egg, slightly beaten
1/2 cup seasoned dry bread crumbs
1/4 cup finely chopped onion
1/4 cup milk
1/4 cup Heinz 57 Sauce
3/4 teaspoon salt
1/8 teaspoon pepper

Combine ingredients thoroughly. Shape into a loaf (8" × 4" × 1 1/2") in shallow baking pan. Bake in 350°F oven, 1 hour. Allow meat loaf to stand 5 minutes before slicing. Makes 6 servings.

Heinz 57 Sauce.
It's more than a
steak sauce.





RESIDUE.



RESIDON'T.

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Your solution to dishwasher powder problems.

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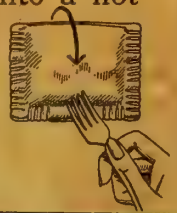
New Pastry Pockets. Turns ordinary stuff into hot stuff!



Mmm Ahh Ohh Pillsbury Fresh dough



New Pastry Pockets dough from Pillsbury lets you transform ordinary stuff—like ham, cheese and tomato—into a hot meal that bakes up flaky and delicious.



Here's what you do. Start with a Pastry Pockets square. Stuff it with your favorite ingredients. Fold it over. Bake for about fifteen minutes. Serve. It's that easy.

Pastry Pockets is great for any meal because you can stuff it with anything you like. Chicken and BBQ sauce. Taco seasoned ground beef and Cheddar cheese. Even scrambled eggs, bacon and American cheese. There's no limit to the stuff you can make!





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continued from page 152

BASIC SOUP STOCK

Use this simple, flavorful stock to make 3 soups: Hock 'n' Bean Soup (see recipe, page 164), Seafood Gumbo (see recipe, page 166), and Chicken Spaetzle Chowder (see recipe, page 170)—

Leaves from 1 celery stalk
***or* ½ teaspoon celery seed**
2 sprigs parsley
4 whole cloves
4 whole black peppercorns
1 bay leaf

• • •

1 49½-ounce can chicken broth
1 14½-ounce can chicken broth
2 smoked pork hocks *or* one meaty ham bone (about 1 to 1¼ pounds total)
1 medium onion, quartered
1 medium carrot, cut up
1½ teaspoons bottled minced garlic

● **For bouquet garni, place** the celery leaves or celery seed, parsley sprigs, cloves, black peppercorns, and bay leaf in the center of an 8-inch square of several layers of cheesecloth. Bring edges together; tie with string (see photo A, *page 130*).

● **In a 4½-quart Dutch oven combine** bouquet garni, all of the chicken broth, smoked pork hocks or meaty ham bone, onion, carrot, and garlic. Bring to boiling; reduce heat. Cover and simmer for 30 minutes or till meat is tender. Remove the smoked pork hocks or meat ham bone and cool.

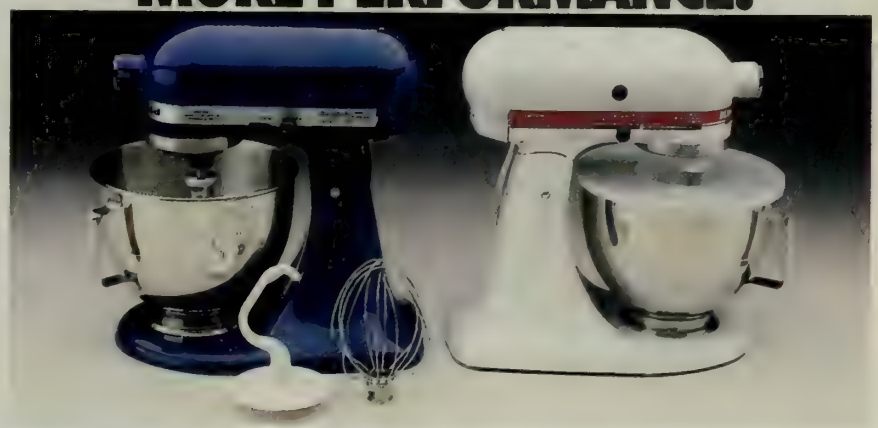
● **When cool enough to handle,** remove meat from bones. Chop meat and discard bones (see photo F, *page 131*). Reserve meat for Hock 'n' Bean Soup. Remove bouquet garni and discard. Drain stock in a colander, reserving vegetables. Place vegetables in a blender container or food processor bowl (see photo H, *page 131*). Cover and blend or process till pureed. Reserve pureed vegetables for Chicken Spaetzle Chowder. Makes about 7 cups stock.

BASIC YEAST DOUGH

Use this fast-rising bread dough to make 3 breads: Crusty Oat Bread (see recipe, page 166), Brown 'n' Serve Cloverleafs (see recipe, page 168), and Cheese Twist (see recipe, page 168)—

3¼ cups all-purpose flour
2 packages quick-rising active dry yeast

MORE POWER. MORE PIZZAZZ. MORE PERFORMANCE.



For literature write KitchenAid, Dept. C-1M, P.O. Box 3900, Peoria, IL 61614.

These beautiful new KitchenAid® Ultra Power mixers are as powerful as they are handsome. They actually have 20% more power than our popular K-45 mixer, to knead the toughest dough easily and without the strain that can shorten the life of lesser makes.

Besides the heavy-duty motor and transmission, they feature a solid-state speed control, all-metal construction and the remarkable KitchenAid planetary mixing action that mixes thoroughly to the sides of the bowl without having to scrape.

For quality, performance and durability, see the mixers especially designed for serious cooks who demand the best. The strong, stylish KitchenAid KSM90 Ultra Power mixers.

KitchenAid

KITCHENAID® FOR THE WAY IT'S MADE.™

1½ cups buttermilk
¾ cup margarine *or* butter
½ cup sugar
½ teaspoon salt

• • •

5 eggs
3½ cups whole wheat flour

● **In a large mixer bowl stir together** the all-purpose flour and yeast. In 1½-quart saucepan heat the buttermilk, margarine or butter, sugar, and salt just till warm (120° to 130°) and the margarine or butter is almost melted, stirring constantly. Add to the flour mixture along with *4* of the eggs and 1 *egg yolk* (reserve the remaining egg white for use later).

● **Beat with an electric mixer** on low speed for ½ minute. Beat on high speed for 3 minutes. Stir in whole wheat flour to make a soft dough.

● **Place the dough** in a greased ovenproof bowl; grease the top of the dough lightly. Cover the dough with waxed paper. Turn the oven to 200° for *1 minute* for an electric oven, *2 minutes* for a gas oven. Turn the oven off. *Quickly* place the covered bowl of dough in the oven; close the door (see photo B, *page 130*). Let rise till dough is nearly double (20 to 25 minutes).

● **Stir dough down** (it will be sticky). Divide the dough into thirds (about 1¼ pounds each). Return *one* portion to the bowl for Cheese Twist; cover and chill while shaping Crusty Oat Bread and Brown 'n' Serve Cloverleafs.

Microwave directions: To test your microwave oven for raising yeast bread dough, place 2 tablespoons cold *stick margarine* in a microwave-safe custard cup in the center of the microwave oven cavity. Micro-cook, uncovered, on 10% power (low) for 4 minutes. If the margarine is *not* completely melted, you can use your microwave oven to raise yeast bread dough.

In a large mixer bowl combine all-purpose flour and yeast. Cut margarine into chunks. In a 4-cup glass measure combine margarine, buttermilk, sugar, and salt. Micro-cook, uncovered, on 100% power (high) 2 to 2¼ minutes or till margarine is almost melted, stirring once. Add to flour mixture along with *4* of the eggs and 1 *egg yolk* (reserve the remaining egg white for use later). Beat with an electric mixer on low speed ½ minute. Beat on high speed 3 minutes. Stir in whole wheat flour to make soft dough.

continued on page 164

For All The People Who've Enjoyed Our Product And Wondered Where It Comes From.

The Near East story began about thirty years ago at the Kalajian family's diner in Worcester, Mass. People liked Hannah Kalajian's rice pilaf so much, they'd often ask for the recipe. But most said that when they tried it at home, it didn't turn out right.

So Hannah began to package her ingredients, and the Near East Food Company was born.

Since then people everywhere have come to appreciate the simple taste of Hannah's centuries-old recipe.

And the fact that it's made with all natural ingredients makes them feel good about serving it.

If you're one of the people who've been enjoying Near East for some time—and especially if you told a friend about it—we'd like to express our gratitude. And promise that we'll keep making it just as good as we can.



© 1987 Near East Food Products Co.

MAKE-AHEAD COOKING

continued from page 163

In a 4-cup glass measure micro-cook 3 cups *water,* uncovered, on high for 6 to 8 minutes or till boiling. Set water to the side in the oven. Place dough in a greased microwave-safe mixing bowl; cover loosely with waxed paper. Cook on 10% power (low) for 6 to 7 minutes or till double. Stir dough down (it will be sticky). Divide as directed.

To order a thermometer for bread making and freezer labels, see page 188.



HOCK 'N' BEAN SOUP: Black beans star in this hearty soup.

HOCK 'N' BEAN SOUP

½ pound dry black beans (1¼ cups)
3 cups water
⅓ recipe (about 2⅓ cups) Basic Soup Stock (see recipe, *page 163*)
2 cups hot water
Meat from Basic Soup Stock's smoked pork hocks (1 cup)
1 tablespoon Worcestershire sauce
¼ to ½ teaspoon bottled hot pepper sauce
Dairy sour cream
Sliced green onion

● **In a colander rinse beans.** In a 3-quart saucepan combine the beans and the 3 cups water. Bring to boiling; reduce heat. Simmer for 2 minutes. Remove from the heat. Cover and let stand for 1 hour. Drain.

● **In saucepan combine** beans, Basic Soup Stock, the 2 cups hot water, smoked pork hock meat, Worcestershire sauce, and hot pepper sauce. Bring to boiling; reduce heat. Cover; simmer 1 hour or till beans are tender.

continued on page 166

"The only thing ZIPLOC can't protect food from is me."



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I just couldn't resist taking a teensie-weensie bite out of this petite little chicken leg.

Because this ZIPLOC® brand Storage Bag kept it as moist and tender as the day it was made. And I oughta know—I polished off most of this little chickadee three nights ago.

Another terrific thing about ZIPLOC Storage Bags is how magnifico they are when it comes to locking the flavor and freshness in, and keeping air and odors out. Let's face it, I love the smell of my Gorgonzola cheese, but not in my wife's Italian pastries.

Plus, ZIPLOC Storage Bags are also great for storing everything from fruit salad to seafood salad, and chocolate chips to pretzel sticks.

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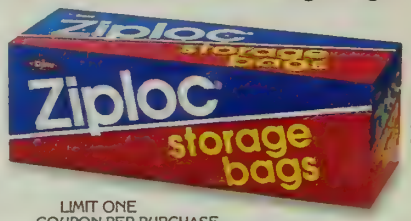
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continued from page 164

● **Cool.** Transfer to a 1½-quart freezer container. Seal, label, and freeze up to six months (see photo J, *page 131*).

Stove-top reheating: Transfer frozen mixture to a 3-quart saucepan. Cover and cook over medium heat for 15 to 20 minutes or till thawed, stirring occasionally to break up frozen chunks. Cook over high heat about 10 minutes or till bubbly, stirring occasionally. Mash beans slightly. Top each serving with sour cream and green onion. Makes 4 servings.

Microwave reheating: Transfer frozen mixture to a 2-quart microwave-safe casserole. Micro-cook, covered, on 70% power (medium-high) for 15 to 17 minutes or till thawed, stirring twice to break up frozen chunks. Cook, covered, on 100% power (high) 10 to 12 minutes more or till mixture is heated through. Mash beans slightly. Serve as directed.

Nutrition information per serving: *276 cal., 23 g pro., 38 g carbo., 3 g fat, 19 mg chol., 949 mg sodium, 7 g fiber. U.S. RDA: 49% thiamine, 13% riboflavin, 24% niacin, 25% iron, 37% phosphorus.*



SEAFOOD GUMBO: Hot and spicy, just the way gumbo should be!

SEAFOOD GUMBO

For brave taste buds, pass the bottled hot pepper sauce—

1 medium green pepper, chopped
2 tablespoons cooking oil
2 tablespoons all-purpose flour

• • •

⅓ recipe (about 2⅓ cups) Basic Soup Stock (see recipe, *page 163*)
1 14½-ounce can stewed tomatoes
1 10-ounce package frozen cut okra
1 5½-ounce can tomato juice
¼ to ½ teaspoon ground red pepper

• • •

1 8-ounce package frozen peeled and deveined shrimp
1 8-ounce package frozen salad-style crab-flavored fish
2 cups hot cooked rice

● **In a 2-quart saucepan cook** green pepper in hot oil 3 minutes or till tender. Stir in flour. Cook, stirring constantly, over medium heat about 3 minutes or till mixture is golden brown (see photo C, *page 130*).

● **Stir in** Basic Soup Stock, *undrained* tomatoes, okra, tomato juice, and red pepper. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Remove from heat. Cool.

● **Spoon into** a 2-quart freezer container. Seal, label, and freeze up to 6 months.

Stove-top reheating: Transfer frozen mixture to a 3-quart saucepan. Cover and cook over medium-low heat about 30 minutes or till thawed, stirring occasionally and breaking up frozen chunks. Add shrimp and crab-flavored fish. Cook, covered, over high heat till boiling; reduce heat. Simmer, covered, for 3 to 5 minutes more or till shrimp turn pink, stirring occasionally. Serve over rice.

Microwave reheating: Transfer frozen mixture to a 3-quart microwave-safe casserole. Micro-cook, covered, on 70% power (medium-high) for 13 to 15 minutes or till thawed, stirring twice to break up frozen chunks. Add shrimp and crab-flavored fish. Cook, covered, on 100% power (high) for 15 to 20 minutes more or till the shrimp turn pink and mixture is heated through, stirring every 10 minutes. Serve the gumbo over hot cooked rice.

To serve immediately: Prepare and simmer the soup for 15 minutes as directed. Add shrimp and crab-flavored fish; return to boiling. Simmer, covered, for 3 to 5 minutes or till the shrimp turn pink. Serve over rice. Makes 4 servings.

Nutrition information per serving: *399 cal., 31 g pro., 44 g carbo., 11 g fat, 136 mg chol., 1,059 mg sodium, 4 g dietary fiber. U.S. RDA: 40% vit. A, 80% vit. C, 24% thiamine, 15% riboflavin, 42% niacin, 17% calcium, 26% iron, 36% phosphorus.*



CRUSTY OAT BREAD: A sprinkling of rolled oats tops this hearty loaf.

CRUSTY OAT BREAD

So quick and easy! Take 2 to 3 minutes to shape the round, then stash it in the refrigerator to rise unattended—

⅓ recipe Basic Yeast Dough (see recipe, *page 163*)

• • •

1 egg white (reserved from Basic Yeast Dough)
1 tablespoon water
Rolled oats

● **On a greased baking sheet shape** Basic Yeast Dough into a 6-inch round loaf. With a sharp knife gently cut a large shallow cross in the top of the loaf (see photo D, *page 130*).

● **Stir together** egg white and water; lightly brush over loaf. (Reserve remaining egg white mixture for Brown 'n' Serve Cloverleafs and Cheese Twist.) Sprinkle round loaf with oats. Cover loosely with clear plastic wrap. Chill in refrigerator 1 to 2 hours or till double.

● **To bake,** let loaf stand at room temperature 10 minutes. Carefully puncture any air bubbles on surface with a pin or wooden toothpick. Bake in 325° oven for 25 to 30 minutes or till loaf sounds hollow when tapped. Remove from oven and cool on wire rack. Wrap in moisture- and vaporproof wrap. Seal, label, and freeze up to 8 months.

To serve: Partially uncover frozen loaf and let stand at room temperature several hours or till thawed. (*Or,* wrap frozen loaf in foil. Place in a 300° oven for 30 to 40 minutes or till warm.) Makes 1 loaf, 16 servings.

Nutrition information per serving: *108 cal., 3 g pro., 16 g carbo., 4 g fat, 29 mg chol., 71 mg sodium, and 1 g dietary fiber.*

continued on page 168

Now You Can Have Extra Crispy Hash Browns In Minutes



From A Toaster

New Aunt Jemima Toaster Browns



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Nothing could be finer in the morning.

continued from page 166

BROWN 'N' SERVE CLOVERLEAFS

If your family is a twosome or threesome, wrap the rolls in small batches so you can thaw and bake a few at a time—

⅓ recipe Basic Yeast Dough (see recipe, *page 163*)
Sesame seed, poppy seed, *or* dried fines herbes

- **Lightly grease** 12 muffin cups or spray with nonstick spray coating.
- **On a lightly floured surface** divide Basic Yeast Dough into 36 pieces. Shape each piece into a ball. Place *3* balls in *each* muffin cup. Brush with egg white mixture reserved from Crusty Oat Bread. Sprinkle lightly with sesame seed, poppy seed, or dried fines herbes.
- **Cover and let rise** in a warm place till rolls double (10 to 15 minutes).
- **Bake in 325° oven** 10 minutes (rolls will not be brown). Remove rolls from the muffin cups. Cool on a wire rack.



BROWN 'N' SERVE CLOVERLEAFS: Pull from the freezer and bake anytime.

- **To wrap rolls for freezing,** cut a piece of freezer wrap large enough to go around rolls 1½ times. Place rolls in center of wrap; bring opposite edges of wrap together. Fold edges down in series of locked folds (see photo I, *page 131*). Press wrap against rolls to press out air. Crease ends into points; fold up to center. Seal with freezer tape. Label and freeze up to 8 months.

To serve: Partially uncover rolls; let stand at room temperature 15 minutes. Uncover; place on ungreased baking sheet. Bake in 400° oven 10 minutes or till brown. Serve warm. Makes 12.

Nutrition information per roll: *142 cal., 4 g pro., 20 g carbo., 5 g fat, 38 mg chol., 95 mg sodium, 1 g dietary fiber.*



A.1® Easy Beef Stroganoff

1 pound stew beef (1-inch cubes)
3 tablespoons margarine
1/2 pound fresh mushrooms, sliced
1/2 cup chopped onion
1 cup water
1/2 cup **A.1. Steak Sauce**
1/2 cup sour cream
Confetti Noodles (recipe below) or hot cooked noodles

In skillet, brown beef in 2 tablespoons margarine. Transfer meat to plate. In same skillet, add remaining margarine and cook mushrooms and onion until tender. Return meat to skillet; add water and steak sauce. Heat to a boil. Reduce heat to low; simmer 50-60 minutes until meat is tender. Stir in sour cream. Serve over noodles. Makes 4 servings.

Confetti Noodles: Cook 6 ounces medium egg noodles according to package directions; drain. Toss with 3 tablespoons each: margarine and chopped parsley; and 1/4 cup grated carrot.



A.1. makes hamburgers taste like steakburgers.®
(Imagine what it can do for all your beef recipes.)

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CHEESE TWIST: Just wrap two cheese-filled ropes around each other.

CHEESE TWIST

Shave time from your preparation by buying preshredded cheese—

⅓ recipe Basic Yeast Dough (see recipe, *page 163*)
½ cup shredded cheddar cheese

continued on page 170

Imagine Waffles With That Fresh-Off-The-Griddle Taste...



From Your Toaster.

Aunt Jemima®

Waffles



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Nothing could be finer in the morning.

continued from page 168

● **On a lightly floured surface** roll Basic Yeast Dough into a 14x10-inch rectangle. Using a knife cut into two 14x5-inch rectangles. Sprinkle *¼ cup* of the cheese lengthwise down the center of *each* rectangle (see photo E, *page 131*). Bring the long edges of each rectangle together over the cheese; pinch all edges together to seal. Place the ropes side by side, seam side down, on a greased baking sheet. Twist ropes together; secure ends.

● **Cover** the twisted ropes and let rise in a warm place till double (20 to 25 minutes).

● **Brush** the twisted ropes with the remaining egg white mixture from the Crusty Oat Bread.

● **Bake in a 325° oven** for 25 to 30 minutes or till the loaf is golden. Remove loaf from the baking sheet and cool completely on a wire rack. Wrap the loaf in moisture- and vaporproof wrap. Seal with freezer tape. Label and freeze up to 8 months.

To serve: Partially uncover frozen loaf and let stand at room temperature for several hours or till thawed. (*Or,* wrap frozen loaf in foil. Place in a 300° oven for 30 to 40 minutes or till warm.) Makes 1 loaf, 16 servings.

Nutrition information per serving: *120 cal., 4 g pro., 15 g carbo., 5 g fat, 32 mg chol., 93 mg sodium, and 1 g dietary fiber.*





CHICKEN SPAETZLE CHOWDER: As comforting as old-fashion chicken soup.

CHICKEN SPAETZLE CHOWDER

The tapioca, which looks like translucent beads, helps thicken and stabilize the chowder during freezing. If you don't have tapioca, see the note below on how to thicken the chowder, after freezing, with cornstarch—

½ of a 16-ounce package (2½ cups) loose-pack frozen mixed vegetables
⅓ recipe (about 2⅓ cups) Basic Soup Stock (see recipe, *page 163*)
1 12-ounce can (1½ cups) evaporated milk
1½ cups chopped cooked chicken *or* turkey
¾ cup packaged spaetzle *or* tiny shell macaroni
Pureed vegetables from Basic Soup Stock
2 tablespoons quick-cooking tapioca, finely ground (see photo G, *page 131*)
1 teaspoon dried dillweed

• • •

1 cup water

● **In a 2-quart freezer container** combine frozen mixed vegetables, Basic Soup Stock, evaporated milk, chicken or turkey, spaetzle or macaroni, pureed



vegetables from Basic Soup Stock, tapioca, and dillweed. Seal, label, and freeze up to 6 months.

Stove-top reheating: Transfer frozen mixture to a 3-quart saucepan. Add water. Cover and cook over medium heat for 25 minutes, stirring occasionally to break up frozen chunks. Increase heat to medium-high; cook about 5 minutes more or till mixture is heated through and spaetzle is tender.

Microwave reheating: Transfer frozen mixture to a 3-quart microwave-safe casserole. Cover and micro-cook on 70% power (medium-high) for 35 to 40 minutes or till thawed, stirring every 10 minutes to break up frozen chunks. Add water. Cook, covered, on 100% power (high) for 5 to 7 minutes more or till heated through and spaetzle is tender, stirring once.

To serve immediately: In a 3-quart saucepan combine mixed vegetables, Basic Soup Stock, evaporated milk, chicken or turkey, pureed vegetables, tapioca, dillweed, and water. Bring to boiling, stirring occasionally. Add spaetzle. Reduce heat. Simmer, covered, for 12 to 15 minutes or till spaetzle is tender, stirring occasionally. Makes 4 servings.

Note: If you like, omit the tapioca and thicken with cornstarch when you thaw and heat the frozen mixture. (If you froze cornstarch in the mixture, the cornstarch would break down and lose its ability to thicken.) Here's how: In a 2-quart freezer container combine all ingredients *except* tapioca and water. Seal, label, and freeze up to 6 months.

To serve, add water and heat through on stove top as directed. Stir together ¼ cup *water* and 2 tablespoons *cornstarch;* stir into heated chowder. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. (*Or,* thaw chowder in the microwave as directed. Stir 2 tablespoons *cornstarch* into the 1 cup water; stir into thawed chowder. Micro-cook on 100% power (high) for 10 to 12 minutes or till thickened and bubbly, stirring every 2 minutes. Cook on high for 1 minute more.)

Nutrition information per serving: *397 cal., 30 g pro., 40 g carbo., 13 g fat, 75 mg chol., 656 mg sodium, 3 g dietary fiber. U.S. RDA: 164% vit. A, 13% vit. C, 24% thiamine, 33% riboflavin, 46% niacin, 30% calcium, 14% iron, 42% phosphorus.*

TIPS FOR SUCCESSFUL FREEZING

- Keep your freezer temperature at 0°F or lower. (Use a freezer thermometer to check it.) These low temperatures help maintain the best color, flavor, and texture in your food.
- Label each package you place in the freezer with the date and contents so you'll know what is in it months down the road.
- When you add food to the freezer, keep the packages separate until they're frozen solid. This allows cold air to circulate around the packages.

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NUTRASWEET® BRAND SWEETENER* They taste so good you won't miss the sugar. And they have only half the calories of regular juice cocktails. Could you ask for anything less!

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20¢ 80011

WIN MONEY FOR YOUR RECIPES

This Month's Winners, Pages 175,176

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

THIS MONTH'S CATEGORIES

Ground Meat Main Dishes
Refreshing Beverages

What satisfying ground meat entrée do you create beyond everyday burgers and meat loaf? Do you serve a bursting-with-flavor drink for parties or playtime?

Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages next May. Winners receive a certificate and six copies of their recipe.

HINTS TO HELP YOU

Ground Meat Main Dishes: Be creative and daring when you invent a new recipe that uses ground beef, pork, lamb, turkey, chicken, ham, or sausage. **Hints: apricot-stuffed turkey meatballs, sausage and pasta toss, curried pork and vegetable skillet.**

Refreshing Beverages: Does your thirst-quenching beverage start with fresh fruits and juices or a mix? Do you prepare a recipe for one or a crowd? For a flavor variation, do you add liquor, wine, or a liqueur? **Tips: strawberry-ginger fizz, orange-yogurt frappé, tomato lemonade.**

WINNERS IN THIS ISSUE

(See recipes on pages 175 and 176.)

$100 Winners

Mary R. Hein, Loveland, Colo.
Cathryn Sangeorzan, Rochester Hills, Mich.

$50 Winners

Mrs. Marjory Strong, Amite, La.
Kelly Hicks, Los Altos, Calif.

Honor Roll Winners

Anna D. Cope, Simsbury, Conn.; Lois Dowling, Tacoma, Wash.; Melissa Gorkin, Norwalk, Conn.; Carolyn W. Padfield, Mesquite, Texas; Delores E. Roach, Silver Bay, Minn.; Glenda Marie Stokes, Florence, S.C.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "May Ground Meat Main Dishes" or "May Refreshing Beverages." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, October 31, 1987. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8805 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation. BH&G

Pass the Old El Paso® Layered Bean Dip



Layered Bean Dip

1 31-ounce can (or 2 16-ounce cans) OLD EL PASO® Refried Beans
1 can (4 ounces) OLD EL PASO® Chopped Green Chilies, drained
1 envelope (1-1/4 ounces) OLD EL PASO® Taco Seasoning Mix
2 ripe avocados, peeled and pitted
2 tablespoons lemon juice
1 jar (16 ounces) OLD EL PASO® Taco Sauce; mild, medium or hot, divided usage
1-1/2 cups sour cream
3 cups shredded lettuce
1-1/2 cups (6 ounces) shredded Cheddar cheese
black olive slices
OLD EL PASO NACHIPS® Tortilla Chips

In a medium bowl, mix together refried beans, green chilies and taco seasoning mix. Spread on a 12-inch round serving platter. Blend avocados, lemon juice and 1/2 cup taco sauce until smooth. Spread on top of bean mixture. Spread sour cream on top of avocado mixture. Top with shredded lettuce, cheese, taco sauce and olive slices. Serve with NACHIPS. Serves 10 to 12.

OLD EL PASO

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Taste what Uncle Ben's just created: A crunchy wild rice stuffed with toasted cornbread!



It's crunchy. It's toasty. It's golden cornbread stuffing.
The unexpected splurge of real vegetables.
The richness of natural chicken or beef flavor.
The five-minute cooking convenience.
And an extra helping of deliciousness!

Tonight try Uncle Ben's® Long Grain and Wild Rice Stuffing Blends. Perfect with your Chicken Tarragon, Burgundy Beef, all your favorite creations! But you can't imagine how good they taste 'til you taste 'em!

You can taste the Good Cook in Uncle Ben's® Wild Rices.

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WIN MONEY FOR YOUR RECIPES
See Page 172 For Details

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES



Apple Desserts

File under Desserts
October 1987

$100 WINNER *Mary R. Hein, Loveland, Colo.*

Apple Cake with Pecan Caramel Topping

Mary simplified a recipe for hot apple cake by using a mix—

- 4 eggs
- 1 package 2-layer-size apple cinnamon *or* applesauce spice cake mix
- ½ cup cooking oil
- ⅓ cup water
- ¼ cup apple juice *or* bourbon
- ¼ teaspoon ground nutmeg (optional)
- 2 cups chopped, peeled cooking apples (2 to 3 apples)
- 1 cup chopped pecans
- 1 recipe Pecan Caramel Topping
- Vanilla ice cream (optional)

In a large mixer bowl combine eggs, dry cake mix, oil, water, apple juice or bourbon, and nutmeg. Beat with an electric mixer on low speed just till moistened, scraping sides often. Beat on medium speed for 2 minutes. Stir in apples and pecans. Turn into a greased and floured 10-inch fluted tube pan. Bake in a 325° oven about 60 minutes or till cake tests done. Cool on a wire rack for 15 minutes. Remove from pan and cool thoroughly. Serve with Pecan Caramel Topping and ice cream. Makes 16 servings.

Pecan Caramel Topping: In a medium saucepan combine ¼ cup *margarine* or *butter* and ½ cup chopped *pecans.* Cook and stir over medium heat about 5 minutes or till the pecans are toasted and the margarine is light brown. Stir in 1 cup packed *brown sugar* and 1 cup *whipping cream.* Bring mixture just to boiling, stirring constantly over low heat. Simmer the mixture, uncovered, for 2 minutes. Cool slightly. Makes 1¾ cups sauce.

Nutrition information per serving with 2 tablespoons sauce: 323 cal., 4 g pro.,

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES



Sauces and Relishes for Meat

File under Sauces and Relishes
October 1987

$100 WINNER *Cathryn Sangeorzan, Rochester Hills, Mich.*

Creamy Herb Sauce with Bacon

Spoon over beef, pork, or veal for an easy, yet exquisite, dress-up—

- 1 cup sliced fresh mushrooms
- 1 tablespoon finely chopped shallot *or* onion
- 2 cloves garlic, minced
- ¼ teaspoon dried thyme, crushed
- ¼ teaspoon dried tarragon, crushed
- 2 tablespoons margarine *or* butter
- 1 tablespoon all-purpose flour
- ¾ cup light cream *or* milk
- ¼ cup chicken broth
- 2 tablespoons snipped parsley
- 1 tablespoon brandy
- 1½ teaspoons lemon juice
- 4 slices bacon, crisp-cooked, drained, and crumbled

In a medium saucepan cook mushrooms, shallot, garlic, thyme, and tarragon in hot margarine or butter for 4 to 5 minutes, stirring frequently. Stir in flour. Add light cream or milk and chicken broth. Cook and stir over medium heat till mixture is thickened and bubbly. Add parsley, brandy, and lemon juice. Cook and stir for 1 minute more. Serve over sliced cooked beef, pork, or veal. Sprinkle with bacon. Makes 1⅓ cups.

Nutrition information per 2 tablespoons sauce: 84 cal., 2 g pro., 2 g carbo., 7 g fat, 14 mg chol., 101 mg sodium.



PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

Now there are two loose-leaf Better Homes and Gardens® cookbooks! The famous red plaid *New Cook Book* has 1,251 tested recipes. The solid-red *My* [illegible] ($17.95 for red plaid) or $16.95 (for solid red) to Dept. 22A, P.O. Box 374,

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

Sauces and Relishes for Meat

File under Sauces and Relishes
October 1987



$50 WINNER *Mrs. Marjory Strong, Amite, La.*

Hot Pear Relish

Keep plenty of this spicy relish around to dollop on sausages and hot dogs—

- **4 medium pears, peeled and finely chopped (4 cups)**
- **4 cups cider vinegar**
- **4 large green peppers, finely chopped (3 cups)**
- **3 large onions, finely chopped (3 cups)**
- **2 cups sugar**
- **3 jalapeño chili peppers, seeded and finely chopped***
- **2 tablespoons prepared mustard**
- **1½ teaspoons ground turmeric**

In a 5-quart kettle or Dutch oven combine all ingredients. Bring to boiling; reduce heat. Simmer, uncovered, about 1 hour or till thick, stirring occasionally. Pack hot pear mixture into hot, clean ½-pint canning jars, leaving a ½-inch headspace. Wipe jar rims, adjust lids. Process in boiling water bath for 10 minutes (start timing when water boils). Makes 6 half-pints.

***Note:** Wear gloves and *do not* touch eyes or skin when handling chili peppers.

Nutrition information per tablespoon: 25 cal., 0 g pro., 7 g carbo., 0 g fat, 0 mg chol., 11 mg sodium. U.S. RDA: 11% vit. C.

Photographs: Scott Little

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES

Apple Desserts

File under Desserts
October 1987



$50 WINNER *Kelly Hicks, Los Altos, Calif.*

Amaretto Apples with Meringue

A warm, sophisticated dessert that's perfect for entertaining—

- **4 medium cooking apples**
- **⅓ cup Amaretto**
- **¼ cup water**
- **½ teaspoon finely shredded lemon peel**
- **1 tablespoon lemon juice**
- **3 inches stick cinnamon**
- **3 egg whites**
- **3 tablespoons sugar**

Peel, core, and thinly slice apples. In a medium saucepan combine Amaretto, water, lemon juice, and cinnamon. Bring to boiling. Add apples and return to boiling; reduce heat. Cover and simmer for 8 to 10 minutes or till apples are just tender, stirring occasionally. Remove from heat; let apples stand in cooking liquid for 15 minutes. Remove cinnamon stick.

Meanwhile, in a small mixer bowl beat egg whites with an electric mixer on medium speed till soft peaks form (tips curl). Gradually add *1 tablespoon* of the apple cooking liquid, lemon peel, and sugar. Beat on high speed till stiff peaks form (tips stand straight). Divide the apple slices and the cooking liquid between six 6-ounce custard cups. Top with egg-white mixture. Bake in a 325° oven about 10 minutes or till meringue is light brown. Serve warm. Makes 6 servings.

Nutrition information per serving: 124 cal., 2 g pro., 30 g carbo., 0 g fat, 0 mg chol., 25 mg sodium, 2 g dietary fiber.

Buying information, page 192.



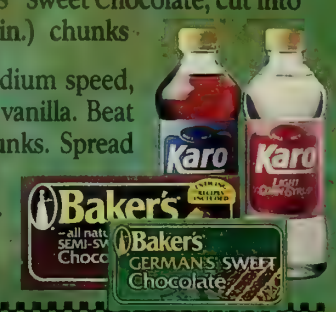
BAKER'S & KARO • SIMPLE INDULGENCE

TEMPTATION SQUARED.

Chunky Chocolate Cookie Squares

2½ cups unsifted flour
1 teaspoon baking soda
½ teaspoon salt
¾ cup butter or margarine, softened
1 cup firmly packed brown sugar
¾ cup KARO® Light or Dark Corn Syrup
1 egg
1 teaspoon vanilla
1 cup chopped pecans
1 pkg. (8 oz.) BAKER'S® Semi-Sweet Chocolate or 2 pkgs. (4 oz. ea.) BAKER'S® GERMAN'S® Sweet Chocolate, cut into large (½ in.) chunks

Mix flour, baking soda and salt; set aside. In large bowl with mixer at medium speed, beat butter and sugar until fluffy. Slowly beat in corn syrup, then egg and vanilla. Beat in flour mixture until blended. Stir in pecans and half the chocolate chunks. Spread evenly in ungreased 15½ x 10½ x 1-inch jelly roll pan. Sprinkle remaining chocolate on top. Bake in 350°F oven 30 minutes or until lightly browned. Cool on rack. Cut into 2½-inch squares. Makes 2 dozen.



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STEP-BY-STEP

ENJOY THE PLEASURES OF SPRING YEAR-ROUND

SLEEK 'N' STURDY GROW-LIGHT STAND

By Barbara A. Lewis

Here's a project that's guaranteed to grow on you, and it's a breeze to build—even for amateur woodworkers. The cabinet is a simple plywood box, and the aluminum angle and bar stock is easy to cut and drill. Follow these photo-steps, then watch your plants take off.



PERRY STRUSE

Houseplants thrive year-round in our grow-light stand.

TIPS FOR GROWING UNDER ARTIFICIAL LIGHT

- Use fluorescent tubes specifically made for growing plants indoors. Ordinary fluorescent light is not adequate for promoting healthy growth.
- Find out how many hours of light your particular plants will need.
- Control the lighting schedule with an automatic timer.
- Control light intensity by adjusting the height of the fixture from the plants.
- Group plants that have similar light requirements.



BUILD THE BASE CABINET

Cut the pieces for the base according to the materials list (*page 180*). Begin assembly by gluing and nailing the 1×3 cleats to the sides and back with 4d finish nails, then nail and glue the sidepieces to the back with 6d finish nails. Lay the cabinet bottom on top of the cleats and nail in place.



INSTALL THE APRONS

Glue and nail the lower apron piece across the bottom. Then glue the top apron in place, holding it firmly as you nail through the sides. Apply glue around the top edges of back, sides, and apron. Position cabinet top and nail one end first. Pull the other end into alignment and nail. Then nail the sides.



TAPE THE EDGES

Before painting, run a strip of masking tape around the top and bottom edges of the cabinet to preserve a clean surface for later gluing of the aluminum edging. Extend tape ⅛ inch over edges. Set the nailheads, fill nail-set holes, and sand the cabinet. Then apply primer and paint with semigloss enamel.



ATTACH THE CASTERS

When the paint has dried, pull off the masking tape, and turn the cabinet upside down. Use four 3½-inch casters, each rated for 60 pounds. Position casters in each corner so the swing of the wheel has a full ¼-inch clearance on every side. For best results, use ¾-inch No. 12 screws.

continued on page 180

LOW TAR PUZZLE SOLVED.



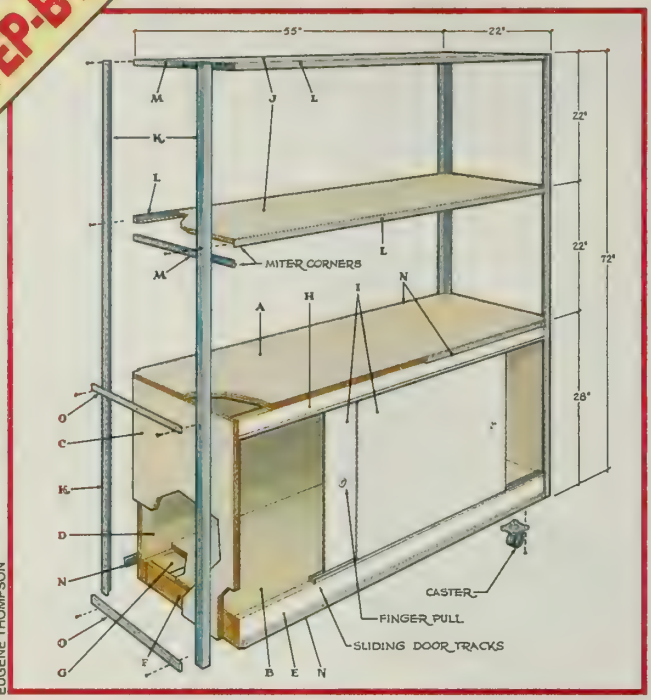
NOW IS LOWEST By U.S. Gov't. testing method.

ALL BRAND STYLES ABOVE ARE 100mm. © 1987 R.J. REYNOLDS TOBACCO CO.

Competitive tar levels reflect either the Jan. '85 FTC Report or FTC method.

BOX: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK FILTER, MENTHOL: 1 mg. "tar," 0.1 mg. nicotine, av. per cigarette, FTC Report JAN. '85; BOX 100's: Less than 0.5 mg. "tar," less than 0.05 mg. nicotine, SOFT PACK 100's, FILTER: 2 mg. "tar," 0.2 mg. nicotine, SOFT PACK 100's, MENTHOL: 3 mg. "tar," 0.3 mg. nicotine, av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.



EUGENE THOMPSON

MATERIALS LIST

Part	Quantity	Material	Size
A	1	¾" plywood top	22×55"
B	1	¾" plywood bottom	20½×53½"
C	2	¾" plywood ends	22×27½"
D	1	¾" plywood back	27¼×53½"
E	1	1×4 pine	53½"
F	2	1×3 pine	19¾"
G	1	1×3 pine	53½"
H	1	2×3 pine	53½"
I	2	¼" hardboard doors	20¾×27¼"
J	2	⅝" plywood shelves	21¾×54¾"
K	4	aluminum angle	⅛×1⅛×72"
L	4	aluminum angle	⅛×¾×55"
M	4	aluminum angle	⅛×¾×22"
N	4	aluminum bar	⅛×¾×53"
O	4	aluminum bar	⅛×¾×20"

Miscellaneous: finger pulls, aluminum sliding door track, casters, galvanized finish nails, ½" No. 10 panhead screws, 1" No. 10 panhead sheet-metal screws, wood glue, and contact adhesive, primer, and paint.



ATTACH THE EDGING

Cut aluminum strips to fit between the aluminum angle uprights. Apply contact cement to the strips and the bare wood. Let dry to touch, then press the strips in place.



SCREW ON THE VERTICAL SUPPORTS

First, drill shank holes in the aluminum angle verticals for ¾-inch No. 10 panhead screws. Then screw the verticals to base at each corner.



SCREW ALUMINUM ANGLE TO SHELVES

Miter corners of the angle, then screw in place with ½-inch No. 10 panhead screws, driven through angle flange under the shelves.



CLAMP POSTIONING BLOCKS TO VERTICALS

Clamp scrap pieces inside angle and with their tops at the shelf height positions. Place shelves in position and allow them to rest on scraps.



DRILL SHELF EDGES FOR SCREWS

Drill shank holes through the vertical angles and shelf edging. Screw the shelves in place with 1-inch No. 10 self-tapping panhead screws.



ATTACH ALUMINUM SLIDING-DOOR RUNNER

The wider section goes on the top and the narrower section on the bottom. Install the runner flush with aprons. Bevel doors at top and bottom.



INSTALL THE CABINET DOORS

Slip the door into the top runner first and then the lower. Test the action of the doors, and plane the edges if they tend to stick.



HANG FLUORESCENT FIXTURES

Use a small length of jack chain linked through screw eyes. This makes it easy to adjust height of the fixtures to vary light intensities.

It's easy to build a window herb garden. See Page 14 of our Kitchen Ideas Booklet.

Hang pots and pans up and away on a ladder-style rack you can build yourself, as seen on Page 17 and in the video.

Page 7 of the Stanley Booklet and separate detailed plans show you how to build a wine rack.

Build this mobile cart for work station/ microwave/toaster oven/etc. On Page 17, in a separate insert and in the video.

STANLEY BUILD-IT IDEAS TO SPICE UP YOUR KITCHEN.

uild them yourself: a spice rack, a door pantry, a step ool and more. Ideas for a dozen or so kitchen projects, e plans in detail, construction tips and thoughts–you t them all when you order our Ideas Booklet (yours for) or Booklet *and* companion Videocassette (both for only 4.95). Then get out your Stanley hammer and saw and a w other tools, along with some Stanley hardware items. nd go to it! All it takes to fix up your kitchen is a little rection, and the quiet confidence you get from Stanley, he Do-It-Yourself Company–known for quality hand ols, hardware, plumbing parts, replacement try doors, garage door openers, ckets and wrenches, and ogrammable thermostats.



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COMMON PET MYTHS

SORTING FACT FROM FICTION

By Chris Lamb

You probably don't believe that a black cat means bad luck or a howling dog signals a coming death. What of other old pet myths? Some are just that—myths. But others have their basis in fact.

MYTH: Each year in the life of a dog or cat is equal to seven human years.

FACT: There's no one convenient number that can be used to compare a dog's or cat's age to ours. A 6-month-old dog is roughly as mature as a 10-year-old child. When the pup reaches age 2, it's as mature as a 24-year-old adult. After that, each year of a dog's life equals about four human years. Cats usually live longer than dogs, and small dogs usually live longer than big dogs.



The stuff dog dreams are made of.

MYTH: Dogs and cats that move their legs and growl in their sleep are dreaming.

FACT: Researchers know that many animals dream when they sleep—just as people do—and if a pet has a bad day, a bad night may follow. What do animals dream about? Once asleep, a hunting dog may continue to hunt the game it did not take.

Chris Lamb's humor columns have appeared in the Los Angeles Times, *the Chicago* Tribune, *and other newspapers.*



A rescue-trained St. Bernard on the job.

MYTH: St. Bernards can find lost persons in the snow.

FACT: The image of the faithful St. Bernard administering warm brandy to persons lost in the snow was not created in Hollywood. The breed, native to the European Alps, has been trained for snow rescue just as German shepherds have been trained to help the blind. The Saint Bernards of the Hospice du Grand St. Bernard in Switzerland have been credited with saving more than 2,500 lives since 1750.

MYTH: Cats are antisocial.

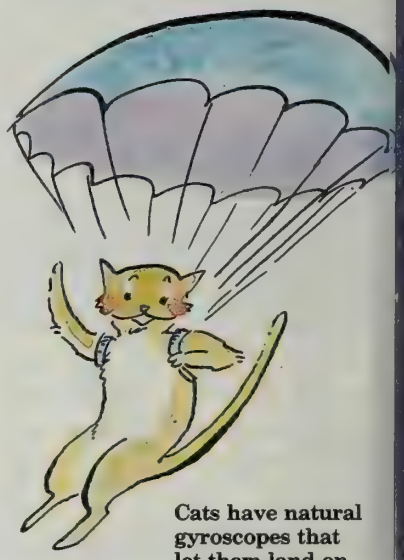
FACT: This myth exists primarily because we compare cats to dogs. Dogs are pack animals and more social by nature. Cats are more independent. In a natural setting, they would hunt alone. The fact that domestic cats will share a home with a human family is proof of the feline's social flexibility. And, as any cat owner knows, felines crave affection as much as dogs.

MYTH: Cats are color-blind.

FACT: Cats *can* see colors but not very well. Colors are not as important to cats' lives as they are to ours. It's a myth that cats can see in the dark, though they need just one-sixth the light we do.

MYTH: Owning a dog or cat can lower your blood pressure.

FACT: Researchers have discovered recently that simply petting an animal can reduce stress and blood pressure. Even talking to a pet will help reduce stress, and it may be more relaxing than talking to another person. The reason: pets are less judgmental than people. They accept you as you are, and you can always tell them your deepest secrets. The love and affection that pets so freely give has literally made the difference between life and death for folks who developed heart trouble as a result of stress.



Cats have natural gyroscopes that let them land on all fours.

MYTH: Cats always land on their feet when they fall.

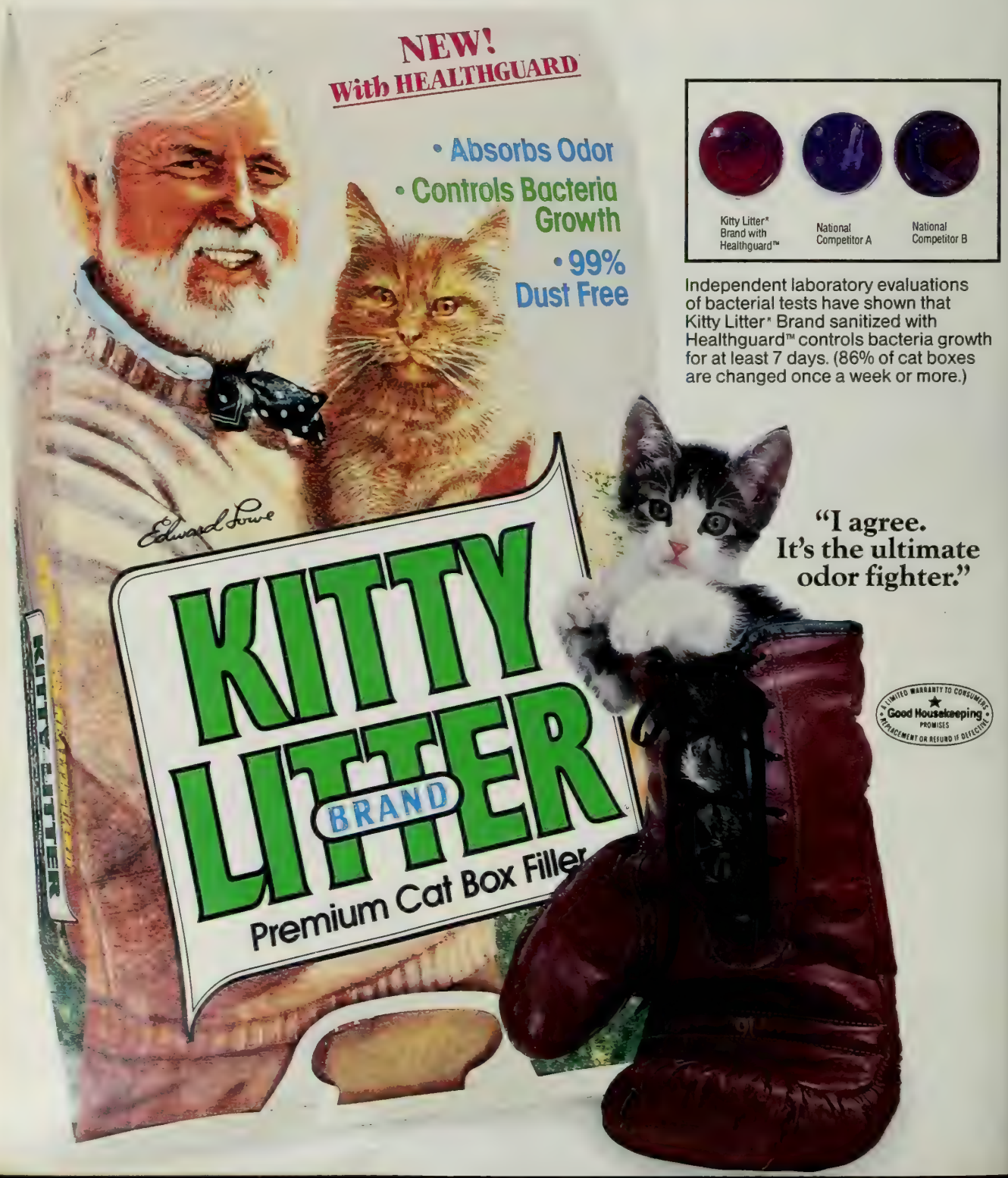
FACT: A cat's ability to quickly right itself while it falls is instinctive—and it usually does land on all fours. Because of the elasticity of its muscles and the resistance of its bones, a cat can withstand a four-story fall without injury. A pregnant shorthair, called Patricia, was thrown over 180 feet off a bridge into a chilly Oregon river. She was rescued by two men who were fishing for—you guessed it—catfish.

continued on page 186

"Doesn't anyone care about the odor in my cat box?"



Introducing the ultimate odor fighter.



New! Kitty Litter® Brand with Healthguard™ fights odor-causing germs.

The ultimate cat box filler.

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Cats are my life. I've raised them. Cared for them. And as a leader in the cat care industry, I'm firmly committed to improving the health and well-being of America's favorite pet. So, you can count on me to continue to make sure my products are the best at solving the problems that affect your cat and you. Just as I have ever since I started the cat box filler industry with Kitty Litter® Brand, 40 years ago.



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COMMON PET MYTHS

continued from page 182

MYTH: Dogs and cats always know what time it is.

FACT: A dog or cat doesn't know noon from midnight in our terms. But it will know when it's time to wake, sleep, exercise, and eat. An animal's daily routine usually mimics the habits of its owner.



MYTH: If a dog wags its tail, it must be friendly.

FACT: Not necessarily. A dog that wags its tail may be in a state of conflict. An example would be when your pet can't decide whether to stay by its food dish or see what the noise is in the front yard. The urges cancel each other out. The animal stays put, and its state of tension causes it to wag its tail.

MYTH: Animals can predict earthquakes.

FACT: Cats—like many other animals—are very sensitive to sudden shifts in the earth's magnetic field. It is common for a cat to become intensely agitated—its fur may literally stand on end, or it may begin meowing frantically—just before an earthquake. If you live in an earthquake-prone area, keep an eye on your cat.

MYTH: Cats are finicky.



FACT: Morris, the TV personality cat, is typical of many felines who like variety in their diet, much to the chagrin of their owners. Dogs, on the other hand, usually aren't that particular when it comes to food. They can eat the same thing every day of their lives.

MYTH: Dogs and cats can travel incredible distances to places they've never been before to become reunited with their owners.



FACT: This is the so-called "Lassie" myth—a dog or cat left behind by its family will turn up at the family's new home hundreds of miles away. One dog trudged 2,000 miles across the desolate Australian Outback. Animal expert and author Desmond Morris says that iron particles, which occur naturally in animal tissues, are the vital clue, providing a built-in biological compass. But, exactly how animals know where to go remains a mystery. It is known, however, that most pets don't have this ability. In fact, dogs can get lost just a block from their homes. BHG



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CARIBBEAN ISLAND BARGAINS

This article continues the "Hidden Bargains in the Caribbean" family vacation feature that begins on page 198.

ST. BARTHÉLEMY

This tiny island—known to all as St. Barts—has attracted the likes of singer Jimmy Buffett, food critic Craig Claiborne, and the Rockefellers. But despite the invasion by the rich and famous, you can still find bargains, particularly off season (see below).

Besides tanning, water sports, and dining out at great French bistros, you can explore St. Barts' hilly interior. The low stone walls among the meadows recall the landscape of rural France. Along the roadways, barefoot, bonneted women, descendants of the early French settlers, sell their crafts.

Lodgings: Although St. Barts is still off the beaten track, the island's popularity is increasing, and so are its prices. Try the Tom Beach hotel. Each of its 12 rooms has a kitchen. The inn is on the beach at St. Jean Bay. Rates for double occupancy start at about $525 a week in summer.

To get there: Numerous U.S. flights take you to the nearby island of St. Maarten. Then fly Windward Island Airways to St. Barts. Flights to the Virgin Islands or Puerto Rico also allow direct connections. A catamaran makes the 1½-hour trip from St. Maarten to St. Barts, daily except Sunday. **CONTACT:** ***The French West Indies Tourism Board, 628 Fifth Ave., Dept. BHG, New York, NY 10020 (212/757-1122).***

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See below for a listing of free travel information and literature you can order.

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The *Better Homes and Gardens* travel advertisers listed below will provide you with free information about their facilities and services. Circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers. When using an advertiser's facility or service, please mention literature received through the *BH&G* service. Coupon expires one year after the month of this issue.

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2. **Charleston, S.C.**—Year-round resort. Horse-drawn carriages, seaport city.
3. **Disney! Epcot! Sea World! More!**—See it all from Kissimmee-St. Cloud.
4. **Disneyland**—There's nothing more magical than a Disneyland vacation. Go for the magic.
5. **Georiga**—"On My Mind" Vacation Planning Kit for exploring Georgia.
6. **Golden Isles Tourist & Conv. Bur., GA**—Resorts, sports, historical tours.
7. **Hyatt Orlando, FL**—Your best value—a complete family resort 2 minutes from Disneyworld.
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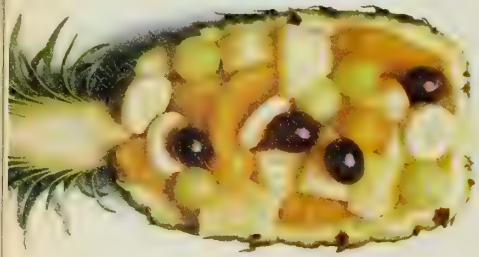
Hawaiian fresh pineapple is sweet, juicy and bursting with flavor. No wonder.

It's grown in the Islands' rich, volcanic soil where it's brought to sun-ripened perfection by the steady tropical sunshine and gentle rains of Hawaii. Then it's harvested at the peak of ripeness.

And because fresh pineapple won't ripen any further once it's picked, you don't have to check for shell color, or whether the leaves pull out, or how it sounds when you thump it. Just check the display. If the label says it's from Hawaii, you know the pineapple you're buying is ripe and ready to eat.

Enjoy serving fresh pineapple as an appetizer, in fruit salads, or blended in frothy summer drinks.

Every luscious bite is a taste of paradise, no matter how you slice it.

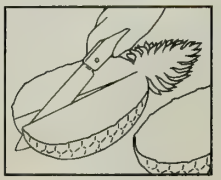


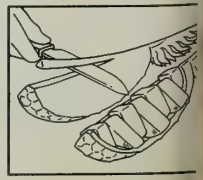




Pineapple Outrigger
Cut pineapple in half through leafy crown, then slice into quarters. Trim off cores and separate fruit from the shell. Cut each quarter crosswise into bite-size pieces.

Waikiki Fruit Salad
In a fresh pineapple shell, mix fresh pineapple with sliced bananas, strawberries, nectarines and peaches





Pineapple Growers Association of Hawaii

BAGEL TOPPERS

7 DELI-DELICIOUS COMBINATIONS

Times change! Used to be, the only place to find a good bagel was in a Jewish deli. Now, you can find a variety of bagels in supermarkets coast to coast. For a light lunch, create one of these bagel concoctions.



SCOTT LITTLE

● **Tuna special:** Top a split *bagel* with *lettuce,* then spoon on a generous mound of *tuna salad.* Add *tomato slices,* a sprinkling of *dried basil,* then a slice of *cheese.* Broil 2 to 3 minutes.

● **Sausage scramble:** Scramble some *eggs;* add sliced *cooked sausage.* Spoon over a split and toasted *bagel.*

● **Kid's choice:** Spread *peanut butter* on cut sides of a split *bagel.* Top with *apple* slices and *cinnamon sugar.*

● **Reuben-style:** Spread a bit of *mustard* on cut sides of a split *rye bagel.* Top with drained *sauerkraut, corned beef,* and *Swiss cheese.* Broil 5 minutes to melt cheese.

● **Fruit 'n' cheese:** Mix *soft-style cream cheese, dried fruit bits, nuts,* and dash *cinnamon.* Spread on *bagels.*

● **Beef olé:** Brown *ground beef;* stir in enough *salsa* and shredded *cheddar cheese* to moisten. Spoon atop split, toasted *bagels.* Add more *cheese.* Broil 1 minute.

● **Garden spread:** Stir together softened *cream cheese,* shredded *carrot, raisins,* and dash *nutmeg.* Spread on split, toasted *bagels.*

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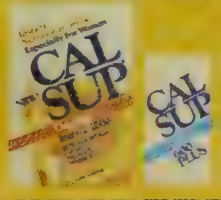


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HAVE-FUN DECORATING

RELAX WITH PLAYFUL FURNITURE AND COLOR



PHOTOGRAPH: SCOTT LITTLE DESIGN: JIM WILLIAMS

Bold paint, spirited accessories, and laid-back furniture wake up an ordinary suburban room.

BREAK THE RULES

Can't find a style category for this sitting room? That's no surprise; it's a real mold-breaker. Although the setting is definitely different, it's also warm and friendly. Best of all, it exemplifies the kind of have-fun decorating that anyone can do *and* afford.

START WITH PAINT

You'd be surprised at what a few cans of paint can do to zip up a room. Screw up your courage and try a knockout color like this vivid red, then watch the sparks fly. The color creates excitement, yes, but it also lends surprising warmth and intimacy, especially when the lamps come on at night.

The homeowner, an avid craftsperson, adds an extra color punch with a wooden cupboard filled with different-hued yarns.

MIX COLOR AND PATTERN

The secret to playful decorating is lots of color and tons of pattern! Here, a hand-me-down sofa gets new pizzazz from an old quilt and a hodgepodge of folksy pillows. An adirondack chair brought indoors and dressed up with carved wooden cherries adds to the carefree melee with its striped cushions and other pillows. A simple laminate coffee table offers a taming influence, as does the self-effacing beige carpet.

GO FOR BOLD ACCESSORIES

One of the best ways to express yourself is with spirited accessories. If you love it, use it!

Atop the storage bins, birds of a feather—a quail-on-a-stick and a wooden swan—are sure to bring a smile. A white pitcher and bowl and an elegant peach vase dress the side table in mellow style. And a homespun basket filled with fresh flowers countrifies the slick coffee table.

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INNOVATIONS IN NEW-HOUSE CONSTRUCTION

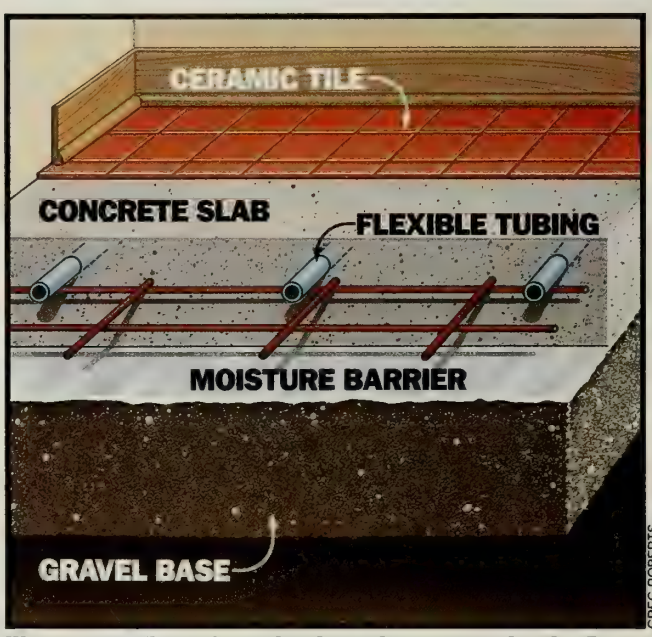
RADIANT FLOOR HEATING

HYDRONIC SYSTEMS PROVIDE A NEW DEGREE OF COMFORT

By Steve Andrews

Luxurious comfort at lower thermostat settings is no pipe dream. Recent improvements in the technology of hydronic radiant heating make it a desirable and cost-efficient alternative for today's new homes.

The concept dates back centuries—the ancient Romans heated houses by warming the floors from underneath with hot air. Today's hydronic systems consist of the circulation of warm water through tubes embedded in a concrete slab or a suspended floor. No matter how you do it, when you warm the floor, it acts like one big heating pad, radiating heat upward and surrounding you with a gentle, even warmth.



Warm water flows through tubing that runs under the floor.

HEAT AT YOUR FEET

Builders began experimenting with hydronic radiant heating during the '50s and '60s, circulating warm water through copper tubing. Today, flexible tubing, usually made of polybutylene, is uncoiled into runs a foot or less apart underneath the entire floor. The water can be heated in a boiler by whatever fuel is most cost-efficient in your area. Solar systems are popular hookups. The floor never gets uncomfortably hot—the heating surface is so large that the water temperature need not be as high as that necessary for radiators or baseboard heaters.

Under-floor heat works best with a hard-finish top surface, such as tile, hardwood, or brick. Carpeting can be installed over the concrete, but the water temperature must be kept higher to overcome the covering's insulating effect. Thinner carpets with jute backing will let heat through faster than thick, foam-backed carpets.

THE COMFORT EDGE

Most of us heat our homes with forced-air furnaces or electric baseboards. In order to bring a room or a whole house up to 70 degrees with these heating systems, 100-plus-degree air is necessary. Not only is this inefficient, it can be uncomfortable; heat distribution is uneven and when the blower stops, you feel cold.

With a hydronic radiant heating system, the warmth emanates from the entire floor surface. Therefore, unlike a conventionally heated home, the air temperature is highest at the floor level. Warmth is distributed evenly, cutting down on cold spots and variations in temperatures—from room to room or floor to ceiling. The result is an increase in comfort: your feet are warm, making you feel warm all over.

Another advantage: You can place furniture anywhere, unhindered by floor vents or baseboards, and there are no hot registers in the house that can be dangerous to small children.

COST EFFICIENCY

- **Initial outlay.** In new construction (the most practical application) a radiant slab system should cost an experienced builder about the same to install as would a forced-air system—and much less than a hot water baseboard heating system.
- **Maintenance.** The flexible tubing used today resists breakage and it isn't susceptible to scaling. When properly installed, the only maintenance required will be of the boiler and pump.
- **Operating cost.** Because you can achieve the same comfort level with a lower thermostat setting, it is possible to save 20–30 percent on utility bills compared to those of a conventional furnace.

THE COOLING ISSUE

In hot/dry climates, running cool water through the floor *may* give adequate summer cooling. But if your area has humid summers, condensation would be a problem. *If you simply can't get by without air conditioning, a hydronic system will prove more expensive than a conventional furnace supplemented with separate central air.* BH&G

FOR MORE INFORMATION

To learn more about radiant floor heating, or for design assistance, you or your architect can contact the Davis Energy Group, an energy consulting firm that specializes in hydronic radiant heating systems.

Davis Energy Group, Inc.
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COOKING WITH DRIED HERBS

Dried herbs are a versatile staple. Enjoy them to the fullest in these recipes that use dried herb blends you mix up yourself.



MIKE DIETER

HOMEMADE SALAD HERBS

- 1 tablespoon dried thyme
- 1 tablespoon dried basil
- 1 tablespoon dried tarragon

Mix herbs thoroughly. Store in airtight container. Makes 3 tablespoons.

HERB DRESSING

- ½ cup salad oil
- ⅓ cup white wine vinegar
- 2 tablespoons Homemade Salad Herbs, crushed (recipe at left)
- 1 tablespoon snipped parsley
- 1 teaspoon sugar
- ¼ teaspoon fresh ground pepper

Torn mixed greens

In a jar with a lid combine oil, vinegar, Homemade Salad Herbs, parsley, sugar, pepper, and ¼ teaspoon *salt*. Cover; shake till combined. Pour over greens. Garnish with *tomatoes* and *onions*. Makes about 1 cup dressing.

HOMEMADE FINES HERBES

- 1 tablespoon dried thyme
- 1 tablespoon dried savory
- 1 tablespoon dried marjoram
- 1 tablespoon dried sage
- 1 tablespoon dried basil
- 1 tablespoon dried grated lemon peel

Mix herbs and lemon peel well. Store in airtight container. Makes ⅓ cup.

HERBED STEAK SUPREME

- 2 pounds beef round steak, cut into thin strips
- 3 tablespoons cooking oil
- 4 medium carrots, thinly sliced
- 2 cups celery cut into 1-inch pieces
- 1 10½-ounce can condensed beef broth
- 1 medium onion, chopped
- 1 6-ounce can sliced mushrooms
- 1 clove garlic, crushed
- ¼ cup wine vinegar
- 2 tablespoons brown sugar
- 2 teaspoons Homemade Fines Herbes (recipe at left)
- ½ teaspoon paprika
- 1 cup dairy sour cream
- ¼ cup all-purpose flour

In a 12-inch skillet quickly brown *half* of the meat at a time in hot oil.



Return all meat to skillet. Add carrots, celery, beef broth, onion, *undrained*



mushrooms, garlic, wine vinegar, brown sugar, Homemade Fines Herbes, paprika, 1 teaspoon *salt,* and ⅛ teaspoon *pepper.* Bring to boiling. Reduce heat; simmer, covered, 25 to 30 minutes or till meat and vegetables are tender. Stir together sour cream and flour; add to meat mixture. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. *Do not boil.* Serve meat and vegetable mixture over *hot cooked noodles.* Makes 8 servings.



ITALIAN-SEASONED PAN BISCUITS

- ¼ cup finely chopped onion
- 1 teaspoon Homemade Italian Seasoning (recipe at right)
- 2 tablespoons butter *or* margarine
- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup shortening
- 1 beaten egg
- ⅓ cup milk
- 2 tablespoons grated Romano *or* Parmesan cheese

In a small skillet cook onion and Homemade Italian Seasoning in *1 tablespoon* of the butter or margarine till onion is tender. In mixing bowl stir together the flour, baking powder, and salt. Cut in shortening till mixture resembles coarse crumbs. Combine onion mixture, egg, and milk; add to flour mixture all at once. Stir till dough clings together. Knead on lightly floured surface 10 to 12 strokes. Roll or pat dough to a ½-inch thickness. Cut with a floured 2½-inch biscuit cutter. Place close together in a greased 8x1½-inch round baking pan. Melt remaining butter. Brush over dough. Sprinkle with cheese. Bake in a 450° oven for 12 to 15 minutes. Serve warm. Makes 7.



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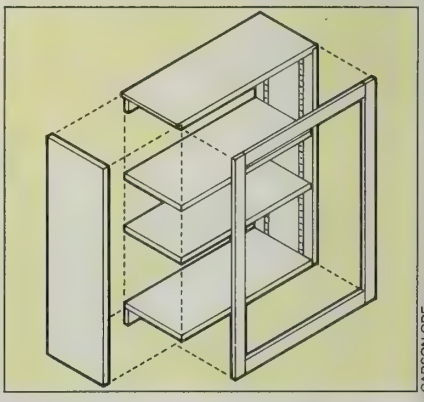
COOKBOOK CACHE

You can do it! Build a bookcase and turn a wasted corner into handy cookbook storage. Hang it at the end of a row of cabinets. Adjustable shelves allow you to create slots for a recipe file, small books, and full-size hardbacks.



D. RANDOLPH FOULDS

Nine inches of empty space beside this bank of cabinets begged to be used. Rather than waste the space, the homeowner had a standard bookcase with matching finish built in. For an even more finished look, you could extend the countertop over the bookcase.



CARSON ODE

To build the cookbook cache, follow this construction sequence. Cut sides, top, and bottom. Then, cut grooves for shelf supports and insert the hardware. Assemble the box and attach it with corner brackets. Nail on face frame and finish to suit.

Design: Dolores Foster
Field editor: Estelle Bond Guralnick

FOOD

PICKING A PINEAPPLE

Are you thumping, pulling out leaves, and looking for a yellow shell color to pick the perfect pineapple? Then, you may be disappointed. Better clues to what's inside are:

- plumpness
- slightly soft to the touch
- no bruises or mold
- heavy for its size
- a crown with deep green leaves

Store your uncut pineapple in the refrigerator for up to two days. Leaving the pineapple out at room temperature will cause it to soften and lose acid. Once you remove the flesh from the rind, store it, covered, in the refrigerator for another one to two days. Fresh pineapples are available year-round but the supply peaks March through July.



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When it comes to homes, there is one name people know and trust. Ours. So if you're ready to sell your home, you couldn't choose a better real estate company than Better Homes and Gardens®.

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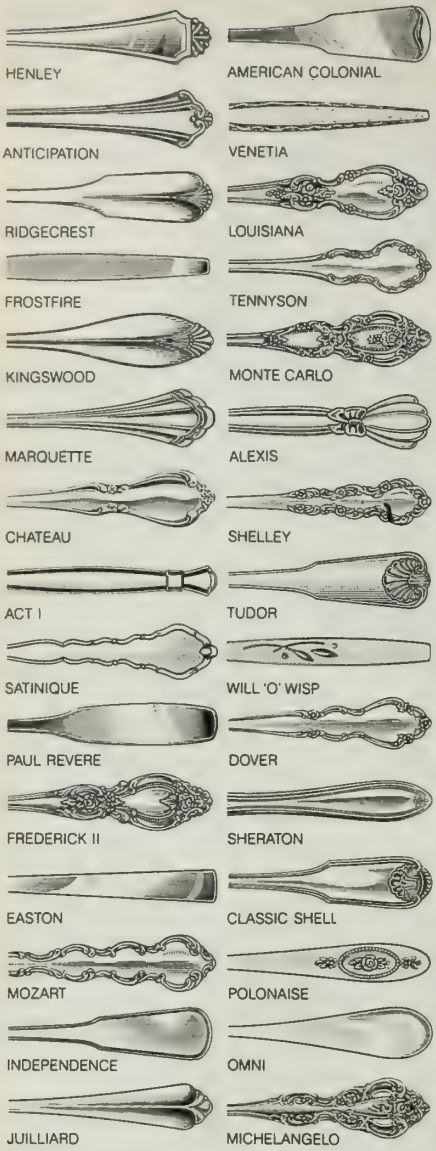
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Home (top) - Nelson J. Chatelain, New Orleans. Each firm independently owned and operated. ©Copyright Meredith Corporation 1987.



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- ☐ MICHELANGELO
- ☐ MONTE CARLO
- ☐ MOZART
- ☐ OMNI
- ☐ PAUL REVERE
- ☐ POLONAISE
- ☐ RIDGECREST
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Better Homes and Gardens® Family Shopping Service has selected the products shown below to help you re-create in your own home the ideas shown on our editorial pages.

You save time because we've done the shopping for you.

And you can be completely confident the gardening products, cookware, and woodworker's blueprints presented on this page are of the highest quality and meet our strict standards of excellence.

Bulb Partnerships



You can duplicate the explosions of color shown by our Garden Editors on pages 118 to 121 with the two bulb collections specially selected for readers of ***Better Homes and Gardens®***.

Collection A contains a total of 78 bulbs including 6 Scarlet Baby Tulips, 24 Blue Scilla, 6 Golden Harvest Daffodils, 6 Princess Irene Tulips, 12 Lavender Dutch Iris, 12 Jeanne d'Arc Crocus, and 12 White Splendor Anemones. Also included is one 3-lb. bag of Holland Bulb Booster. **Collection B** contains a total of 54 bulbs including 6 Love Song Tulips, 12 Remembrance Crocus, 6 Heart's Delight Tulips, 12 Blue Scilla, 12 Blue Anemone Blandas, and 6 Little Gem Narcissi. Also included is one 3-lb. bag of Holland Bulb Booster. **PLEASE NOTE: All bulbs will be shipped to you at the proper time for planting in your area of the country, approximately September 15, 1987 to December 15, 1987.**



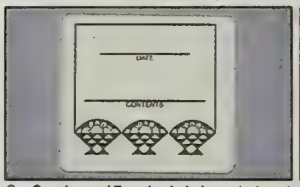
Holland Bulb Booster is uniquely formulated to help your bulbs flourish. It provides a combination of organic and slow release nutrients (9-9-6) necessary for proper root development. A 3-lb. bag feeds 75 square feet and ***one bag is included in each of our Bulb Partnership Collections shown at right.*** To order additional Holland Bulb Booster, see the coupon below.

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Our **Spooky Cookie Cutter** was designed exclusively for readers of ***Better Homes and Gardens®***. Handcrafted from copper, the pumpkin-shaped cutter measures approximately 8 inches wide and 7 inches high. Suitable for a decorative accent, too! Use our **Canape and Hors d'Oeuvre Cutters Set** for the embellishments on your own *Spookie Cookies* (or for a multitude or other extra special looks to hors d'oeuvres, cakes, pies and cookies). The set includes twelve cutters ranging in size from ½ inch to ¾ inch in diameter shipped to you in the handy metal storage tin shown.



Our **Canning and Freezing Label** was designed exclusively for ***Better Homes and Gardens®*** and features permanent self-stick adhesive. Each package contains 48 labels; each label measures 2¼ x 2½ inches.



This **Bread Thermometer** is a quality Taylor instrument; dishwasher safe.

Make-Ahead Crafts



You can duplicate Lillian Renko Bledow's designs (page 58 and 59) with our **Victorian Angel and Doll Project Plan.** You'll receive full-size woodcutting patterns for all pieces required for both projects, assembly diagrams, embellishment drawings, and step-by-step instructions.



This set of five **Star Cookie Cutters** are perfect for reproducing our *Checkerboard Star Ornaments* (page 122). Shipped to you in the handy metal storage tin shown.

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Page	Description	Qty.	Price	Total
BULB PARTNERSHIPS				
118-121	**No. 09191** Collection A (78 bulbs, contents listed above)		$29.95	
118-121	**No. 09192** Collection B (54 bulbs, contents listed above)		$26.95	
118-121	**No. 09113** Holland Bulb Booster (3-lb. bag)		$4.95	
COOKWARE FOR OUR FEATURED RECIPES				
164	**No. 31071** Canning and Freezing Labels (Package of 48)		$4.99	
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138	**No. 31251** Spooky Cookie Cutter		$17.99	
138	**No. 31054** Canape and Hors d'Oeuvre Cutters Set		$5.99	
MAKE-AHEAD CRAFTS				
58, 59	**No. 50638** Victorian Angel and Doll Project Plan		$5.95	
122	**No. 31254** Star Cookie Cutters (Set of five)		$4.99	

*TAX NOTE: We are required to collect and pay **STATE** taxes in Arizona, Connecticut, Florida, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, New Mexico, Pennsylvania, Wisconsin. We are required to collect and pay **STATE/LOCAL** taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, Washington.

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The Constitution Bowl

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A single limited edition, available by reservation only

The birth of the United States Constitution, in 1787, stands as a lasting tribute to the wisdom and foresight of our Founders. Now, to celebrate that momentous event, the Bicentennial Commission has authorized the creation of a magnificent 10½-inch commemorative bowl honoring each of the thirteen original states.

The Constitution Bowl will be crafted in America of Lenox® fine ivory china, and will portray the official flowers of all thirteen states. Elegantly bordered with pure 24 karat gold, the bowl is a masterpiece worthy of the occasion. A work of art of great beauty and lasting significance to this and future generations of Americans.

In keeping with its importance, *The Constitution Bowl* will be issued in a single, limited edition available only until the end of the Bicentennial Year. The base of the bowl will bear the Commission's official emblem. And each bowl will come with a signed Certificate of Authenticity confirming its status as a limited edition commemorative.

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Signature_____

All orders are subject to acceptance.

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PLEASE PRINT

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36145

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WALNUTS IN BREADS WITH ON SALADS







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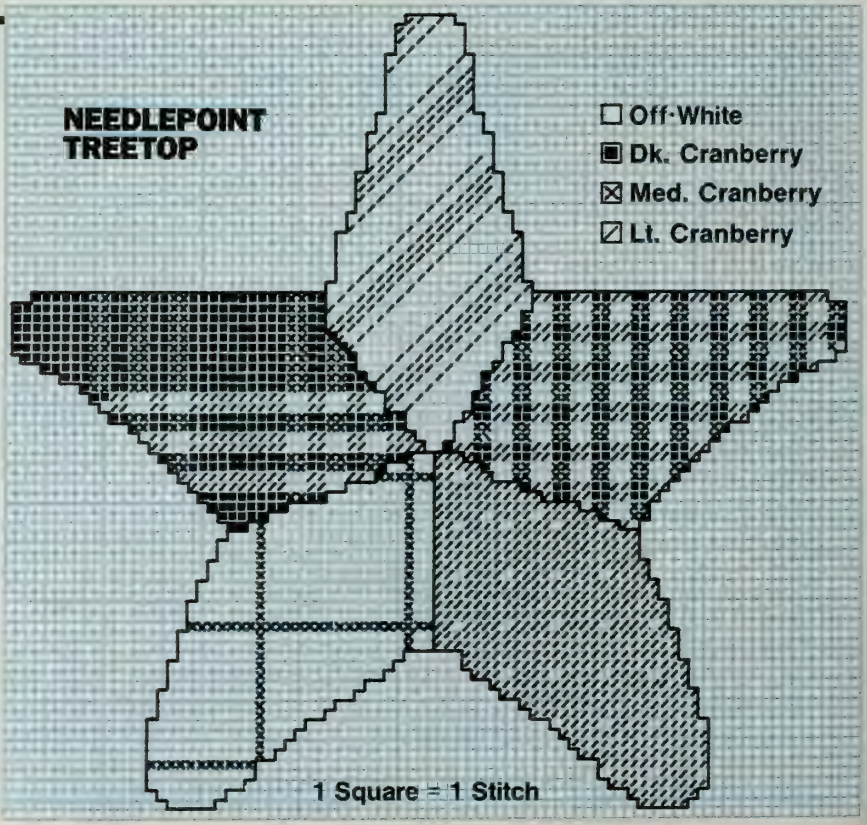
MAKE-AHEAD ORNAMENTS

continued from page 123

NEEDLEPOINT TREETOP, page 123
Materials: 12×12-in. piece 10-ct. needlepoint canvas; 10×10-in. piece fabric for backing; 1 yd. purchased piping; polyester fiberfill; Paternayan yarn in the following colors: No. 256 (warm gray), No. 940 (dark cranberry), No. 941 (medium cranberry), No. 942 (light cranberry); 4-in. piece elastic.
Instructions: Using 3 strands yarn and following chart (*right*), work each design area of star. Steam with medium-hot iron and damp press cloth. Block canvas if necessary.

Machine-stitch around outer edge, catching last row of needlepoint stitching. Trim canvas to ½-inch seam allowance. Cut backing; set aside. Stitch piping in place along stitching line of front; turn under seam allowances and tack to back of canvas.

Turn under seam allowances of backing. Slip-stitch backing to front along seam lines, wrong sides together. Machine-stitch through all thicknesses from inner points of star to center to divide patterns. Repeat topstitching. See photograph *on page* 122. Slit back sections; stuff. Slip-stitch closed. Make elastic loop; tack to back to hang.



STUFFING
IN PIES
VEGETABLES
ETC. ETC.





Diamond® Walnuts. The goodness goes on and on.

CHECKERBOARD STARS, page 122
Materials: 2 cups flour; ½ cup salt; blue acrylic paint; foil; cookie sheet; knife; star-shaped cookie cutter; large nail.
Instructions: In small mixing bowl, blend 1 cup flour and ¼ cup salt; add 6 tablespoons water. Knead 5 minutes or until smooth. Wrap dough in plastic and set aside. Repeat with remaining flour and salt, adding paint to achieve desired color.

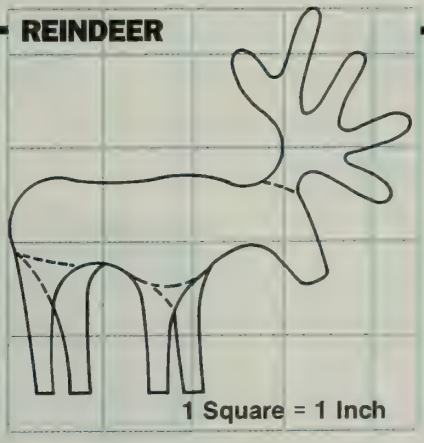
Divide white dough into 13 equal portions; divide blue dough into 12 equal portions. *Note:* Each portion will contain approximately 1 tablespoon of dough. Roll each piece into 4×1-in. rope. Flatten all sides.

Place 5 ropes side by side, alternating colors; brush with water. Top with 5 more ropes, alternating colors. Lightly pat layers together. Repeat 3 more times, forming 4×3×3-in. block with checkerboard pattern on ends.

Cut block into ¼-in.-thick slices. Cut out stars with cookie cutters. Place stars onto foil-lined baking sheet. Make small hole in each star with nail.

Brush star lightly with water. Bake at 275° for 30 minutes. Turn pieces to prevent browning. Continue baking 30 minutes or until dry. When cool, varnish with high-gloss polyurethane.

REINDEER



MINIATURE REINDEER, page 123
Materials: 6×6-in. scraps ¼-in. wood such as pine, cherry, or walnut; jigsaw; small screw eye; sandpaper; glue.
Instructions: *Note:* Reindeer are made from 3 layers of laminated wood. Enlarge pattern (*above*). Cut 1 body center with antlers; cut 2 outer bodies with legs. Glue and clamp together; let dry. Sand to round outer edges. Shape neck and head by sanding. Insert screw eye.

STAR GARLAND, page 123
Materials: 6×6-in. scraps plaid or country-print fabrics; thread to match fabric; muslin scraps for backing; carpet thread; pinking shears; wooden beads; large needle; polyester fiberfill; cardboard; water-erasable marker.
Instructions: Draw 5-in. circle onto paper; draw star design within circle, squaring off points. See photograph *on page 122* for detail. Transfer star to cardboard and cut out. Trace stars onto plaid fabrics. Mark center point of stars; draw straight lines from inner points of stars to center point. See photograph *on page 122* for detail. Topstitch on this line; repeat.

Stitch plaid fabric to muslin along outer stitching lines, wrong sides together. Trim outer edges to ¼ in. with pinking shears. Slit back of stars and stuff with fiberfill; slip-stitch closed.

String beads onto carpet thread, tying thread around first bead to secure. Insert needle and thread through one arm of star close to base of arm. Thread beads and stars to desired length.

MINI-ORANGE WREATHS, page 123
Materials: Florist's wire; kumquats; rag or ribbon bow.
Instructions: Cut florist's wire to 30-in. lengths. String kumquats onto wire. Loop wire into 2 circles; secure ends. Cover ends with rag or ribbon bow.

WE REALLY COOK ON THE KITCHEN FLOOR



K ITCHENS. To tackle tough spots like heel marks, sprinkle Spic and Span on a damp sponge and rub clean.

Sink—Universal Rundel, 303 North St., New Castle, PA 16103. **Faucet,** "Rappeti"—George Blotcher Ltd., 1442 Washington St., Canton, ME 02021. **Ceramic tile**—American Olean Tile Co., Lansdale, PA 19446. **Exhaust fan**—Broan Mfg. Co., Inc., Hartford, WI 53027. **Wallpaper,** "Elliot"—Thybony, P.O. Box 70110, Chicago, IL 60673. **Medicine cabinet**—Allibert, Raritan Center No. 423, 100 Northfield Ave., Edison, NJ 08837. **Towel bar**—InterDesign Craft, Inc., P.O. Box 22128, Beachwood, OH 44122.

Pages 44–45: Washer, dryer, "Philco Italiana"—Magic Chef, 740 King Edward Ave., Cleveland, TN 37311. **Whirlpool tub, toilet, lavatory**—Kohler Co., Kohler, WI 53044. **Towels**—Fieldcrest, 60 W. 40th St., New York, NY 10018. **Marble**—Colorado Marble & Granite, 1255 S. Kalamath St., Denver, CO 80202. **Faucets**—Grohe America, Inc., 900 Lively Blvd., Wood Dale, IL 60191. **Tile**—Villeroy & Boch USA, Inc., P.O. Box 103, Pine Brook, NJ 07058. **Towel bar**—H.U.D.D.L.E., 3416 Wesley St., Culver City, CA 90203.

WOOD APPLIQUÉ ART

Pages 58–59: Wood appliqué art figures—Lillian Bledow, 44771 Erik Pass, Plymouth, MI 48170.

COMFORT! ROOMS YOU LOVE TO COME HOME TO

Page 108: Cedar chest—The Lane Co., Inc., P.O. Box 151, Altavista, VA 24517. **Chair**—Burris Industries, P.O. Box 698, Lincolnton, NC 28092. **Rugs**—Thomas K. Woodard, 835 Madison Ave., New York, NY 10021.

Pages 110–111: Chair, ottoman—Ficks Reed, 4900 Sharlemar Drive, Cincinnati, OH 45227. **Maize area rug**—Pier I, 301 Commerce Street, Suite 600, Fort Worth, TX 76012. **Rocker**—Amisco Industries, Limited, CP 250, L'Islet, Quebec G0R 2C0, Canada. **Wall paint,** "Candlewick"—Glidden, 900 Union Commerce Building, Cleveland, OH 44115. **Chairs**—Knoll International, 745 Fifth Avenue, New York, NY 10022.

Pages 112–113: Floorcloth—Ballard Designs, 2148-J Hills Ave., Atlanta, GA 30318. **Chair**—Barcalounger, P.O. Box 20104, Raleigh, NC 27619. **Pedestal**—Ballard Designs (address above). **Window treatment**—Levolor Lorentzen, 1 Upper Pond Rd., Parsippany, NJ 07054. **Chair, ottoman**—Knoll International (address above). **Table lamp**—Holmegaard of Copenhagen, Incorporated, 575 Madison Avenue, New York, NY 10022.

Page 114: Chair, "Marquise"—Trendline Furniture, Hickory, NC 28603. **Throw**—J.C. Penney Co., 1301 Ave. of the Americas, New York, NY 10019. **Tea table**—Riverside Furniture Co., P.O. Drawer 1427, Fort Smith, AK 72902.

Pages 116–117: Needlepoint rug, "Cyclamen Blue"— Pierre Deux, 3500

SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

DECORATOR'S ALMANAC

Page 19: Birdhouse—Lady Slipper Designs, P.O. Box 40, Viking, MN 56760-0040; The Horchow Collection, P.O. Box 620048, Dallas, TX 75262-0048. 1-800/527-0303. **Daybed,** by Gear Inc.—Dresher, 7200 S. Mason, Chicago, IL 60638. **Pillows**—Twin Panda Inc., 1309 Harrison St., San Francisco, CA 94103.

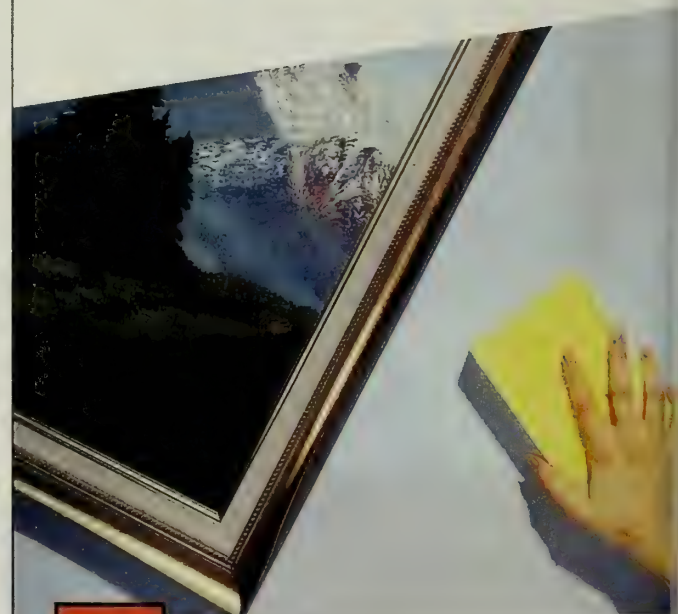
Page 21: Accent table—Ballard Designs, 2148-J Hills Ave., Atlanta, GA 30318. **Dinnerware,** "Prego Granito"—Crown Corning, 5500 E. Olympic Blvd., Los Angeles, CA 90040. **Chaise**—Hickory Chair Co., Box 2147, Hickory, NC 28601. **Recliner**—Burris Industries, P.O. Box 698, Lincolnton, NC 28092. **Pillow,** "Out to Pasture"—Import Specialists Inc., 82 Wall St., New York, NY 10005.

Page 23: Chair, "Robie"—Atelier International, Ltd., International Design Center, 30-20 Thomson Ave., Long Island City, NY 11101. **Bench**—Nichols & Stone, Attn: Anne Ouellette, 232 Sherman St., Gardner, MA 01440. **Cedar chest,** "St. Raphael"—The Lane Co., P.O. Box 151, Altavista, VA 24517. **Architectural print**—Poster Originals Ltd., 330 Hudson St., New York, NY 10013. **Sleigh bed**—White Furniture Co., P.O. Box 367, Mebane, NC 27302.

SMALL-BATH REMODELING

Pages 42–43 (*center*): Shower door—Alumax, 1617 N. Washington, Magnolia, AR 71753. **Cabinetry**—Dura Supreme, 10750 County Rd. 15, Minneapolis, MN 55441. **Cabinet lights**—Prisma, 1721 W. 170th St., Hazel Crest, IL 60429.

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W ALLS. To avoid streaking, dilute 1/4 cup of Spic and Span in 1/2 bucket of water and wash walls from the bottom up.

WE MAKE CLEANING THE PATIO A PICNIC



PATIOS. To loosen extra tough dirt, let a solution of Spic and Span set for a minute before rubbing.

Bleecker St., New York, NY 10014. **Lamp**—Ballard Designs, 2148-J Hills Ave., Atlanta, GA 30318. **Chaise**—Spiegel, Inc., 1040 W. 35th St., Chicago, IL 60609-1494; 1-800/345-4500. **Pillow,** "Gute Nacht"—Linen & Lace, Historic Zachariah Foss Guest House, 4 Lafayette St., Washington, MO 63090. **Paint on walls,** "Candlewick"—Glidden, 900 Union Commerce Bldg., Cleveland, OH 44115. **Chair**—S.M. Hexter Co., 2800 Superior, Cleveland, OH 44114. **Pillow shams**—Linen & Lace (address above).

COUNTRY TOUCHES FOR CHRISTMAS

Pages 122–123: Fabric—Waverly Div. of F. Schumacher & Co., 79 Madison Ave., New York City, NY 10016; 800/423-5881. **Yarn**—Paternayan Yarns, 312 E. Ninth St., New York, NY 10028.

HEART-OF-THE-HOME KITCHENS

Page 124: Napkins, wool cushions, pillows on banquette—Umbrello, 8607 Melrose Ave., Los Angeles, CA 90069.

Page 125 (*top left*): Refrigerator—General Electric, Appliance Park, Louisville, NY 40225. **Ventilator fan in hood**—Thermador, Div. of Norris, Inc., 5119 District Blvd., Los Angeles, CA 90022. **Floorcloth**—Legacy, 1022 Montana Ave., Santa Monica, CA 90403. (***Bottom right***): **Dishwasher**—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085-1392. **Faucet**—Delta Faucet Co., P.O. Box 31, Greensburg, IN 47240. **Ceramic tile**—International Tile & Supply Corp., 1288 S. La Brea Ave., Los Angeles, CA 90019. **Sink**—Commercial Enamel & Co., 6204 S. Alameda St., Huntington Park, CA 90255.

Page 126: Small sink—Commercial Enamel & Co. (address above). **Faucet**—Grohe America Inc., 900 Lively Blvd., Wood Dale, IL 60191. **Cabinets**—Snaidero, U.S.A., 201 W. 132nd St., Los Angeles, CA 90061. **Backsplash tile**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Cooktop**—Gaggenau, U.S.A. Corp., 5 Commonwealth, Woburn, MA 01801.

Page 127 (*top left*): White Italian tile—American Marazzi, Inc., 55 Clay and Scyene Rd., Sunnyvale, (Dallas) TX 75182. **Furniture**—Copenhagen, 701 W. Indian School, Phoenix, AZ 85011. (***Bottom right***): **Wall oven**—Gaggenau, U.S.A. Corp. (address above). **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53711.

MAKE-AHEAD COOKING: 3 Breads & 3 Soups In 3 Hours

Page 128: Glass jars, "Stowaway"—Anchor Hocking Glass Corp., Fifth & Pierce Sts., Lancaster, OH 43130. **Bread board**—Hartstone, 299 E. Ridgedale Ave., P.O. Box 400, East Hanover, NJ 07936. **Plate, bowl,** "Azure Blue"—Jepcor International, Inc., 41 Madison Ave., New York, NY 10010.

Page 129 (*center*): Napkin—Trade Associates Group, 1476 Merchandise Mart, Chicago, IL 60654. (***Front center***): **Bowl, plate**—Anchor Hocking Glass Corp. (address above). **Spoon**—Lasio for Mikasa, 25 Enterprise Ave., Secaucus, NJ 07094. (***Right***): **Bowl and plate,** "Vieux Luxembourg"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. **Table knife**—Yamazaki Tableware, Inc., 41 Madison Ave., New York, NY 10010. **Butter bowl,** "Sumetsuke"—Noritake Co., Inc., 1538 Merchandise Mart, Chicago, IL 60654.

Page 130 (*top center*): Scissors—Sassafras Enterprises, P.O. Box 465, Evanston, IL 60204. (***Top right***): **Pan,** Chantal—Lentrade, Inc., 10649 Haddington, Houston, TX 77043. **Pot holder,** Crown Corning—Corning Glass Works, Consumer Products Div., HP-EB-1, Corning, NY 14830. (***Bottom right***): **Baking sheet**—Wear-Ever Aluminum, Inc., 1089 Eastern Ave., Chillicothe, OH 45601. **Glass jar,** "Stowaway"—Anchor Hocking Glass Corp. (address above).

Page 131 (*top left*): Glass jar, "Stowaway"—Anchor Hocking Glass Corp. (address above). **Measuring cup**—Tupperware World Headquarters, P.O. Box 2353, Orlando, FL 32802. **Rolling pin**—H.A. Mack & Co., Inc., 165 Newbury St., Boston, MA 02116. (***Bottom left***): **Bowl,** Pyrex—Corning Glass Works (address above). (***Top center***): **Blender**—Oster Corp., 5055 N. Lydell Ave., Milwaukee, WI 53217. **Tablespoon**—Tupperware World Headquarters (address above). (***Bottom center***): **Blender**—Oster Corp. (address above). (***Bottom right***): **Container**—Rubbermaid Inc., Rte. 585, Wooster, OH 44691. **Pan,** Chantal—Lentrade, Inc. (address above).

FAST FAMILY FAVORITES: PIZZA

Page 132: Platter, "Colorings"—Waechtersbach USA, Inc., 8300 NE. Underground Dr., Kansas City, MO 64161.

Page 133: Pan, spatula—Ecko, 9234 W. Belmont Ave., Franklin Park, IL 60131.

PRIZE TESTED RECIPES

Page 175 (*left*): Small plate—Hartstone, 299 E. Ridgedale Ave., P.O. Box 400, East Hanover, NJ 07936. **Spoon,** "Tristan"—Gorham, 333 Adelaide Ave., Providence, RI 02907. (***Right***): **Platter,** "Champagne"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471. **Tablecloth**—Linens by Vera, 417 Fifth Ave., New York, NY 10016. **Napkin,** "Paisley"—Le Jacquard Francais, Inc., 200 Lovers Lane, Culpeper, VA 22701.

Page 176 (*right*): Tablecloth—Linens by Vera (address above). **Plate,** "Dots"—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010. **Glass bowl**—Trans Duck International, 2636 Prindle, Belmont, CA 94002. **Spoon**—Yamazaki Tableware, Inc., (address above).



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INTO THE OUTDOORS

WHEN A VACATION JUST NATURALLY MEANS AN ADVENTURE

Edited by Mark Ingebretsen

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Winter classes for summer fun



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TEAM RUSSELL/CARL YARBROUGH

Passenger trains now reach the country's major ski resorts.

TRAIN TREK TO THE SLOPES

Amtrak offers all-inclusive family ski vacations

Low-priced packages (starting at $90 for a weekend) make it more enticing than ever to travel by train to your favorite ski resort.

In the East, Amtrak trains serve downhill meccas in Vermont and New York's Lake Placid region.

From Chicago, Los Angeles, and other western points, you can reach such far-flung ski havens as Whitefish, Montana; Park City, Utah; and Lake Tahoe, Nevada. Along the way, you'll enjoy the mountain scenery at ground level, undaunted by winter-weather-plagued plane schedules.

Amtrak ski vacation packages include such things as the round-trip train ride, along with transfers from the station to your hotel, meals, accommodations, even lift tickets.

Call ***800/USA-RAIL*** for rates and rail-package details.



For added comfort, buy an air mattress or foam pad.

CHOOSE THE RIGHT SLEEPING BAG

There's more to it than deciding on the color

- **How warm?** The warmest bag isn't necessarily the best one. A bag that will protect you from the cold at 10 below will likely be too warm for most summer camping.
- **How portable?** If you're going to hike with your pack on your back, it's helpful to have a bag that can be packed into a small space. That means either having one filled with a compressible fiber (goose down is best) or one that's tapered at the bottom (so-called mummy bags).
- **Will it rain?** If you'll be traveling in areas prone to rain (such as the Northwest), *don't* choose down, which loses its insulating ability when wet. Opt for a synthetic fill.

continued on page 196

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☐ Reg ☐ Pistol
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	LTD		HEIRLOOM		COMMUNITY		DELUXE	
	Ret.	SALE	Ret.	SALE	Ret.	SALE	Ret	SALE
5 PC Place Setting	60 00	28.95	40 00	18.95	30 00	13.95	25 00	10.95
4 PC Hostess Set	98 00	41.95	59 00	27.95	45.25	20.95	34.00	14.95
4 PC Serving Set	85.00	36.95	48.00	22.95	36.00	16.95	24.50	10.95
Teaspoon	15 00	7.00	8.00	3.50	5.50	2.50	4.40	1.75
Place Knife	15.00	7.00	13.00	5.75	10.50	4.75	10.00	4.50
Place Fork	15.00	7.00	11 00	5.00	6.75	3.00	5.50	2.50
Salad Fork	15.00	7.00	9.00	3.75	6.25	2.75	5.00	2.25
Soup Spoon	15.00	7.00	9.00	3.75	6.00	2.75	5.50	2.50
Butter Spreader[A]	16.00	7.50	12 00	5.50	9.50	4.50	5.25	2.50
Cocktail Fork	16.00	7.50	8.50	4.00	6.00	2.75	5 25	2.50
Steak Knife	16 00	7.50	13.50	6.00	11.50	5.25	10.25	4.50
Demitasse Spoon	9.75	4.75	6.25	3.00	—	—	—	—
Iced Tea Spoon	16.00	7.50	9.00	4.00	6.00	2.75	4.75	2.25
Fruit Spoon[B]	—	—	7.00	3.75	5.25	2.50	4.75	2.25
Butter Knife	18.00	8.50	12 50	6.00	10.50	5.00	5 25	2.50
Sugar Spoon	18.00	8.50	10 50	5.00	7.00	3.50	5.25	2.50
Tablespoon	24.50	11.50	12.50	6.00	9.25	4.50	7.00	3.00
Pierced Tablespoon	24.50	11.50	12.50	6.00	9.25	4.50	7.00	3.00
Cold Meat Fork	24.50	11.50	15.25	7.25	12 00	5.75	9.00	4.00
Gravy Ladle	24.50	11.50	16.00	7.75	12.00	5.75	9.00	4.00
Casserole Spoon	24.50	11.50	15 25	7.25	—	—	—	—
Dessert Server	—	—	—	—	12.00	5.75	9.00	4.00
48 PC Set	663 00	299.95	427.00	199.95	321 25	139.95	258 50	109.95
68 PC Set	903 00	399.95	587 00	259.95	441 25	184.95	358 50	149.95

ITEM NOT AVAILABLE IN: A-Anticipation, Independence, Monte Carlo, Mozart, Polanaise, Alexis, Tudor. B-American Colonial, Classic Shell, Omni, Easton, Henley, Julliard, Shelley, Ridgecrest.

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INTO THE OUTDOORS

continued from page 195

EXPLORE AMERICA'S SOUTHWESTERN DESERTS

During winter months, you'll avoid the heat and the burning sun



JUDY CRAWFORD

Deserts can be perilous in summer; in winter they offer a special magic.

From February to mid-April (when daytime highs hover in the 70s), hiking and backpacking are joys in the deserts of the Southwest. Here are several great spots where you can experience beautiful blooming desert scenery at its best.

- **Arizona**—Catalina State Park near Tucson and Lost Dutchman State Park near Phoenix, both with trails and backcountry camping. ***Arizona State Parks, 800 W. Washington, Suite 415, Dept. BHG, Phoenix, AZ 85007.***
- **California**—Anza-Borrego Desert State Park, a huge preserve with many trails and great backcountry camping, near San Diego and Death Valley National Monument. ***Anza-Borrego State Park, Box 428, Dept. BHG, Borrego Springs, CA 92004; Death Valley National Monument, Dept. BHG, Death Valley, CA 92328.***
- **Texas**—Big Bend National Park on the Mexican border. ***Big Bend National Park, Dept. BHG, Big Bend, TX 79834.***

CAMP OUT THIS WINTER

Warm, friendly advice

Camping in cold weather is easier than you think, and without summertime crowds, the deserted woods welcome you with a real sense of adventure. Want to give it a try? Dress warmly in layers you can put on and take off as the day warms up, and take along heavy-duty sleeping bags. Other strategies may not be so apparent.

- **Pack extra clothes to change into if you get wet.** Flannel or insulated cotton long johns are best, then a wool shirt, wool sweater and/or down vest, and wool or ski pants.
- **Cover the ground for added insulation.** Spread a layer of pine boughs or twigs before setting up your tent. Cover this layer with a ground cloth. Then, pitch your tent on top, and cover the floor with foam pads.



© PAUL DIX

Comfort depends on planning ahead.

- **Use a two-person tunnel (or tube) tent.** The lower a tent's profile, the less it's exposed to wind. If there's snow, pile up a windbreak around your tent.
- **Sleep wearing your cap and dry clothes.** Tuck dry boots into your sleeping bag to keep them warm.
- **Take precooked frozen foods.** Go heavy on calories; avoid alcohol.
- **Settle in before darkness hits.** Everyone in the family should carry a flashlight with spare batteries. BH&G

$5 Santa Bears

As part of a nationwide Pre-Christmas publicity campaign, RBM Ltd., a leading New York firm will give away one of its most expensive stuffed animal toys—the nationally advertised Santa Teddy Bear™—for the astonishing publicity price of only $5 to every person who writes to the company address (below) before Midnight, December 17, 1987.



These are the same famous Santa Bears™ nationally advertised by us in leading media across America. They have the authentic "huggable-soft" plush bodies, perky ears, and adorable frost-nipped noses that have captured the hearts of children everywhere.

Irresistibly *lovable,* they are great *huggable* bears that your children can actually put their arms around and really make friends with. Almost one foot in length, each one is dressed in a cherry-red pom-pom cap and jaunty muffler dusted with delicate white snowflakes—handsomely outfitted for the holiday season.

The cutest dolls you've ever seen, these cheery, fuzzy Santa Bears are perfect "pals." Every child in America would love to own one—so don't miss out by responding too late. These are among the fastest selling and most expensive stuffed animal toys ever sold by this multi-million dollar firm. *Yet your publicity price is only $5.*

These Santa Bears will *not* be sold at this or any price by the company in any store. There is a limit of two (2) bears per address at this price, but if your request is mailed early enough (before Dec. 9) you may order up to 7. Each Santa Bear is covered by the company's full one-year money-back guarantee.

To order, mail your name and address on a sheet of paper and $5 for each bear. Add $2 shipping per bear. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, Santa Bear, Dept. 720-112, Box 1206, Westbury, NY 11595.** **(R44750)**

©1987 RBM Ltd., 1200 Shames Drive, Westbury, N.Y. 11590

HIDDEN BARGAINS IN THE CARIBBEAN

By Tania Grossinger



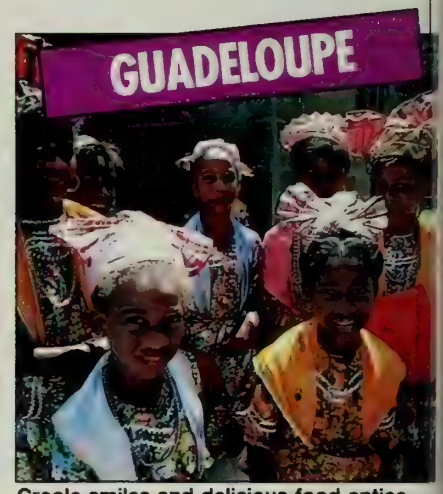
BARBARA HUMESTON

Wooded paths lead to blue water bays, with reefs perfect for snorkeling.



BARBADOS BOARD OF TOURISM

Colorful scenes await around each bend as you hike along the island's shoreline.

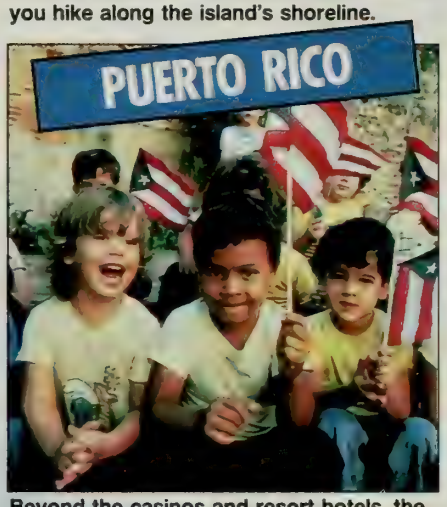


Creole smiles and delicious food entice families to this French-accented island.

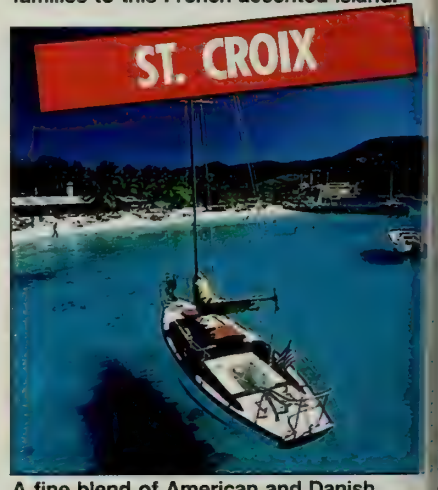


SECRETARÍA DE TOURISMO DE MEXICO

Powdery white beaches and super low prices let you really relax.



Beyond the casinos and resort hotels, the island's true flavor emerges.



A fine blend of American and Danish cultures—a close-to-home escape.



GREG ROBERTS

Warm sunshine, spectacular beaches, family hotels, friendly smiles, and low prices are all just a hop, skip, and a jump from the Caribbean's major tourist destinations. Thanks in part to increased airline flights, "hidden" no longer means "hard to get to." Here are six of our favorite Caribbean bargain spots, perfect for families on a budget.

continued



The Rabbits Died.

Now you and your old fuzzy bunnies can, you might say, rest in peace.

Because there's a much better way to keep your feet, and the rest of you, warm and cozy.

It's the P.M. Personal Monitoring System. An extraordinary system of body responsive heat found only in Sunbeam P.M. System automatic blankets, BedWarmer mattress pads and portable throws. If your feet are cold, the P.M. System knows. It automatically senses and responds to changes in body, bed and room temperatures. Sending more warmth where it's needed. Less where it isn't. That's why the P.M. System is said to have a "brain."

In the bedroom, these "Blankets and BedWarmers with a Brain" provide comfortable warmth all night long. They even prewarm your bed so you never have to climb into cold sheets.



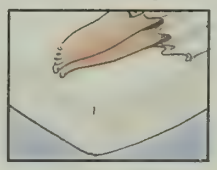
P.M. System Blanket

And to keep you warm anywhere else around the house, try the new Cuddle-Up Heated Throw. It's as versatile and cuddly as an afghan, but unique because you can select your own level of warmth.



Cuddle-Up Heated Throw

All P.M. System products are soft, warm and completely washable. They are made to be cuddled up with, sat on, tucked in and wrapped around you while still maintaining perfectly balanced warmth.



P.M. System BedWarmer

So, if you want to stay warm and comfortable, in and out of the bedroom, hop to it and ask for the Sunbeam P.M. System. It will be the end of cold feet. And the beginning of overall personalized comfort.

Sunbeam

For more information, write Sunbeam P.M. System, P.O. Box 59266, Chicago, IL 60659. ®Sunbeam, Blanket with a Brain. ™BedWarmer, Cuddle-Up, P.M. Personal Monitoring. Manufactured by Northern Electric Company. ©1987 Northern Electric Company.

BRITISH VIRGIN IS.

A former hideaway for the rich attracts sunseekers in search of solitude.

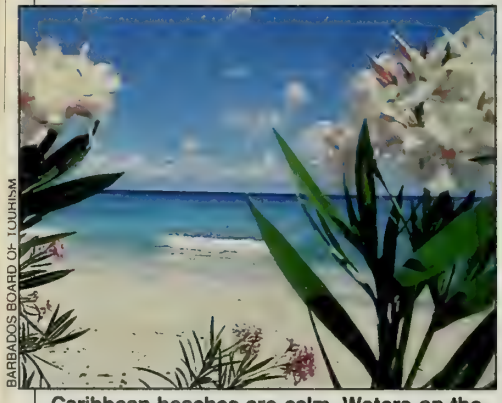


Wind surfing is harder than it looks, but a week's practice will turn you into a pro.

Empty beaches, forested hills, and splendid views await on these placid islands. Snorkel above a wrecked ship or sail the lakelike bays. Most of the British Virgin Islands lie just a few miles from each other. The main island, Tortola, has budget hotels like the Cane Garden Bay Beach Hotel ($50 double). You'll also find bargains on the exclusive outer islands such as Virgin Gorda. Try the Ocean View Hotel (double $70). *To get there:* Eastern and American fly to San Juan. Fly to Tortola via Air B.V.I., American Eagle, and Eastern Metro. **CONTACT: British Virgin Island Tourist Board, 370 Lexington Ave., Suite 511-BHG, New York, NY 10017 (800/835-8530).**

BARBADOS

English manners grace this island of soft beaches and wild, rolling hills.



BARBADOS BOARD OF TOURISM

Caribbean beaches are calm. Waters on the Atlantic side of the island can get rough.

Here's a tropical paradise where you can bask on the beach each morning and enjoy British high tea come afternoon. Rent a car and drive (on the left, please) past cane fields and tiny fishing villages. You'll see other vestiges of Old England: a police band playing in a town square, spirited games of cricket, and stately old homes. This 21-mile-long island also boasts spooky caverns and busy markets. Bridgetown, the island's capital, offers dazzling nightlife. Most families opt for havens such as the Sichris Hotel and Cacrabank Beach Apartments (from $40 double). At the Glitter Bay resort you'll find civilized luxury (suites with kitchens, from $150). *To get there:* Pan Am and Eastern fly from New York and Miami. **CONTACT: Barbados Board of Tourism, Dept. BHG, 800 Second Ave., New York, NY 10017.**

GUADELOUPE

International flavor thrives in the shadow of a smoking volcano.



FRENCH WEST INDIES TOURIST BOARD

Guadeloupe's best beaches and hotels are on Grande Terre, the island's eastern half.

Naturally, Guadeloupe has fine beaches. But, the island also serves some of the best food in the region. That's because this French-governed retreat is a blend of European, African, and East Indian cultures. Each group has contributed its share of ethnic eateries and customs. Guadeloupe is really two islands joined by a bridge. Beaches and hotels are on the eastern wing, Grande Terre. Rugged Basse-Terre, the western half, has a smoky volcano. Try your French at one of the Relais Creoles, small inns located all over the island (from $69 double). The PLM Azur Sun Village has kitchenette suites (from $64 double). *To get there:* American and Eastern airlines will connect you through San Juan. **CONTACT: French West Indies Tourist Board, 610 Fifth Ave., Dept BHG, New York, NY 10020.**

continued

NEW ROUTES TO THE CARIBBEAN

Now, it's easier than ever to reach the Caribbean's bargain spots. Eastern and American airlines provide frequent daily service to San Juan, Puerto Rico, while their commuter airlines, American Eagle and Eastern Metro, have convenient connecting flights to many other islands. Most San Juan flights arrive in the morning. Return flights to the U.S. leave in the afternoon, giving you almost an entire extra day at your destination.



BARBARA HUMESTON

Steel band music livens up Caribbean nights.



BARBADOS BOARD OF TOURISM

Tradewinds and sunsets add romance.



A Czarina's treasure. Hand-enameled blossoms from The House of Igor Carl Fabergé.

At the Imperial Palace, the Czarina eagerly awaited the arrival of spring after the long Russian winter. And the frosty days were always brightened by an exquisite enameled bouquet created for her by Peter Carl Fabergé.

Now The House of Igor Carl Fabergé–grandson of Peter Carl–has revived this royal tradition just for *you*. With a gift of spring flowers that will last all year long. Hand-enameled blossoms...hand-arranged... in a vase of marbled porcelain decorated with 24kt gold. And because the marbling effect is *individually* achieved, no two vases are alike.

But this enchanting bouquet is not available in any stores. It may be acquired *only* from The Franklin Mint. The price is $195. Please order by November 30, 1987.

Shown smaller than actual size of 9½" in height.

© 1987 FM

THE IMPERIAL PALACE BOUQUET

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please enter my reservation for The Imperial Palace Bouquet by The House of Igor Carl Fabergé. It will be hand-enameled, handcrafted and hand-assembled for me.

I need send no payment now. Please bill me $39.* when my bouquet is ready to be sent, and the balance in four equal monthly installments of $39.* each, after shipment.

**Plus my state sales tax*

Signature_____

ALL RESERVATIONS ARE SUBJECT TO ACCEPTANCE.

BY THE HOUSE OF IGOR CARL FABERGE

Please mail by November 30, 1987.
Limit of one per person.

Mr.
Mrs.
Miss_____

PLEASE PRINT CLEARLY

Address_____

City_____

State, Zip_____

COZUMEL

This easygoing Mexican island may be the ultimate Caribbean bargain.



SECRETARIA DE TOURISMO DE MEXICO

Hints of Old Mexico remain at the waterfront in San Miguel, Cozumel's main town.

Lying off Mexico's southern coast, Cozumel is one Caribbean island where a family can spend a week for $600 apiece, including airfare! The bargains on this low-lying island surrounded by turquoise waters stem from the dollar/peso exchange rate. Even deluxe hotels are low priced. Consider the El Presidente (from $50 double). Cozumel's main sport is snorkeling. Bring swim fins and masks, and explore the coral reefs. Sunning on the beach is equally popular. *To get there:* Aeromexico and Mexicana fly from U.S. cities. **CONTACT: The Mexico Government Tourism Office, 405 Park Ave., Suite 1002-BHG, New York, NY 10022 (212/838-2761).**

PUERTO RICO

The best bargains lie off the beaten paths and so do the best experiences.



El Moro, a 16th-century Spanish fort, draws history buffs away from nearby beaches.

Away from the hustle and bustle of downtown San Juan, you'll discover an island of friendly, "small town" residents. Enjoy the isolated beaches of Añasio and Bóqueron or the rolling surfs of Aguadilla and Rincón. Elsewhere, there's lots to do. Savor local cuisine, especially *asapao,* a chicken-seafood stew. Visit the Camuy Caves, among the world's most beautiful. Take a night cruise on Phosphorescent Bay, where tiny glowing creatures shimmer in the dark waters. You can explore the backroads of Puerto Rico by staying in different *Paradores Puertoriqueños,* quiet inns run by the government (from $30 double). *To get there:* Frequent flights link San Juan to major U.S. cities. **CONTACT: Puerto Rico Tourism Company, 1290 Ave. of the Americas, Dept. BHG, New York, NY 10104 (800/223-6530).**

ST. CROIX

Here's a sunny, American bargain island with a rich Danish heritage.



U.S. VIRGIN ISLANDS DIVISION OF TOURISM

Native customs survive on St. Croix, perhaps the most colorful of the U.S. Virgin Islands.

The largest of the U.S. Virgin Islands offers the flavor of Scandinavia. Beaches abound, and ruins of sugar cane estates, flanked by windmills, dot the landscape. Capital city Christiansted is a storybook town of ornate courtyards and cobbled streets, founded by Danish settlers. For lodging bargains, look into the King Christian Hotel on the waterfront (from $65 double). Or, try Club Comanche, a 42-room hotel in a restored sugar mill (from $55 double). At the opposite end of the island sits Frederiksted, a town of pastel-painted Victorian homes. Between the towns lies Buck Island, a national monument that lures even first-time snorkelers. *To get there:* Fly from San Juan or fly the seaplane shuttle from nearby St. Thomas. **CONTACT: U.S. Virgin Island Division of Tourism, 1270 Ave. of the Americas, Dept. BHG, New York, NY 10020.** BH&G

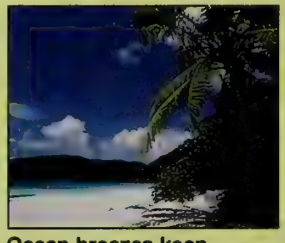
MORE MONEY-SAVING IDEAS

- ***Check into package deals.*** A travel agent has the facts.
- ***Visit off-season.*** The best bargains last from mid-April to mid-December.
- ***Ask about family plans.*** Some hotels let children stay free.
- ***Save on taxis.*** Share the ride with other vacationers you meet at the airport. Agree on a fare before getting into the taxi.
- ***Ask about local taxes.*** They can add 15 percent to your bill.



FRENCH WEST INDIES TOURIST BOARD

The architecture has a happy Caribbean flair.



GARY HEATHERLY

Ocean breezes keep beaches cool all year.

- ***Cut food costs.*** If an island is noted for its cuisine, try local eateries which often cost less than hotel meals, even under food plans. Buy food at local markets and prepare snacks in your hotel room.
- ***Buy sundries before you leave.*** Film, sun lotions, and over-the-counter drugs cost less at home. Don't develop your film abroad. It's cheaper in the U.S.



Actual sizes of bells range from 2"–4" in height.



The Bell Collectors Club

Now, at modest cost, you can build your own collection of choice collector bells.

Royal Worcester...Wedgwood...Kaiser...Spode... Bing & Grøndahl...Royal Doulton...these and others of the world's greatest porcelain houses will be represented in your collection.

The finest collector bells are truly works of art. Charming and colorful, they add warmth and appeal to a room. They are family treasures to be passed to daughter and granddaughter. It's no wonder millions of people around the world collect bells.

A Lovely Bell Sent To You Each Month

Now, through membership in the Bell Collectors Club you can build a collection of the *crème de la crème* of porcelain and china bells—a collection which would be practically impossible to assemble on your own.

Each month, you will receive a beautiful bell. Our representatives are in contact with porcelain houses all around the world. They select only the very best bells. Indeed, many of the monthly selections will have been created exclusively for the Club's members.

The bells will bear the names and identifying marks of the great houses that created them. They will reflect the different artistic visions of the various nations and porcelain makers. Thus, the individual bells will have infinite variety...yet together they will form a harmonious collection. A card will accompany each bell describing its motif and its maker.



This lovely solid wood display can be an attractive addition to your home. It and other unusually fine display pieces are offered for purchase to members.

No Risk or Obligation

If you are not delighted with any month's bell selection, you may simply return it within thirty days for a full refund. And you may cancel your membership at any time.

Modest Cost

One of the nice things about collecting bells is that besides being beautiful, they don't cost a lot from the Bell Collectors Club. Regular monthly selections typically cost about $10.50 to $18.00.

Send No Money Now

To join the Bell Collectors Club, just send your application. Enclose no money now. You will be billed for your first monthly bell.

©1987 MBI

FREE *This* Reutter *Bell For Joining Now.*

The Bell Collectors Club will provide each new paid member with this lovely floral Bavarian porcelain bell from the Reutter porcelain house of West Germany.



Membership Application

152

Bell Collectors Club
47 Richards Avenue
Norwalk, Conn. 06857

No Payment Required.
Simply Mail
This Application.

Please enroll me in the Bell Collectors Club. Each month I will receive a bell selected as being one of the very best from the world's great porcelain houses, typically costing about $10.50–$18.00 each* (payable in U.S. funds).

I understand that I may return any bell within thirty days for full refund, and that either party may cancel this membership agreement at any time. As a new member, I will receive a Reutter bell as a free gift, after I make my initial payment.

Payment Options (check one):

☐ Please bill me, just before shipment, for my first bell. Then bill me with each subsequent monthly shipment.

☐ As a convenience, please charge my first bell and each subsequent bell, at the time of shipment, to my: ☐ VISA ☐ MasterCard

Credit Card No. _____ Expiration Date _____

*Plus $1.50 for shipping and handling.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State/Zip _____

Signature _____

Allow 8-12 weeks for initial shipment.

Turn on a mind with Smart Start.™



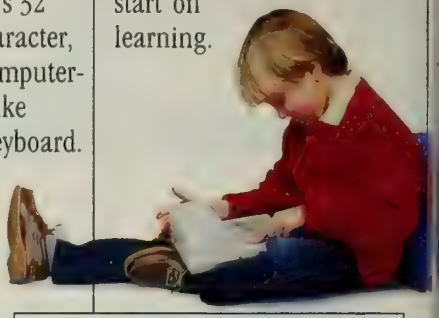
A new interactive pre-computer. For ages 5 to 8.

Your child will get a lot out of Smart Start because we built a lot into it. Smart Start comes with 10 built-in educational activities plus a beautifully illustrated starter Matchbook, an activity booklet containing 150 questions on a variety of subjects like reading, science, math, music and more.

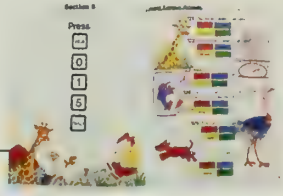
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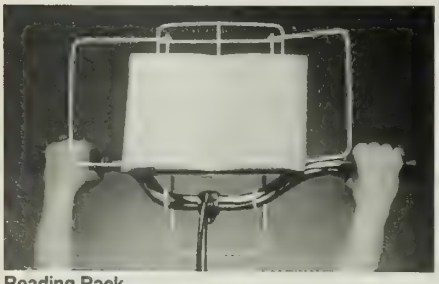
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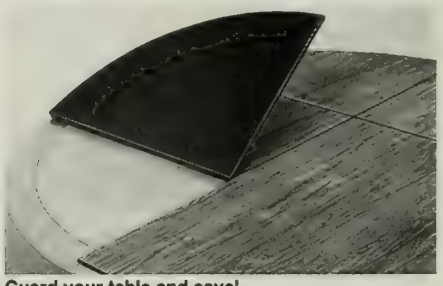
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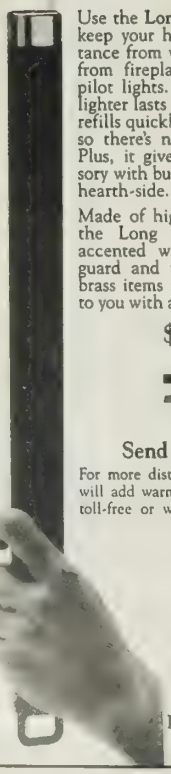
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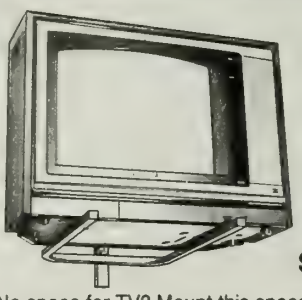
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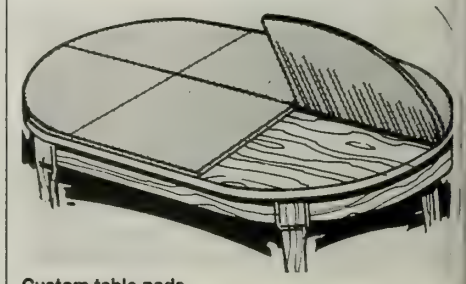
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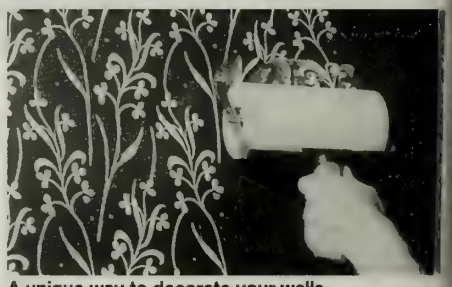
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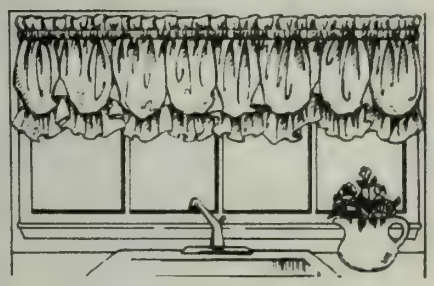
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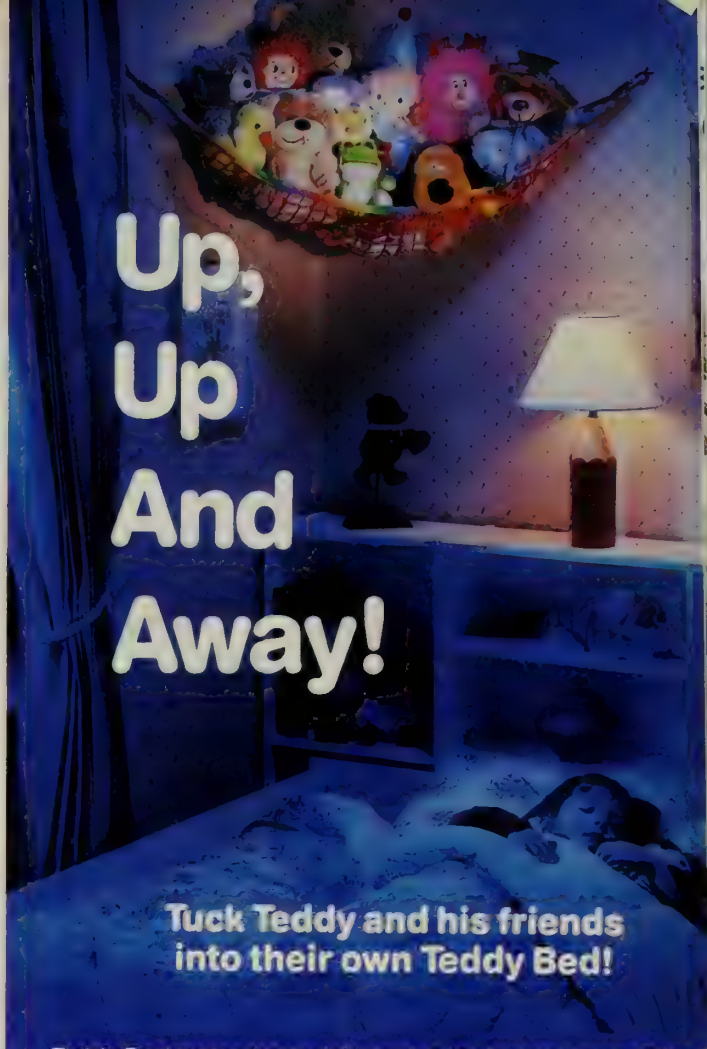




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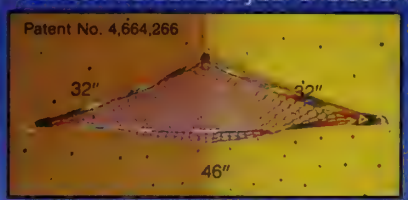
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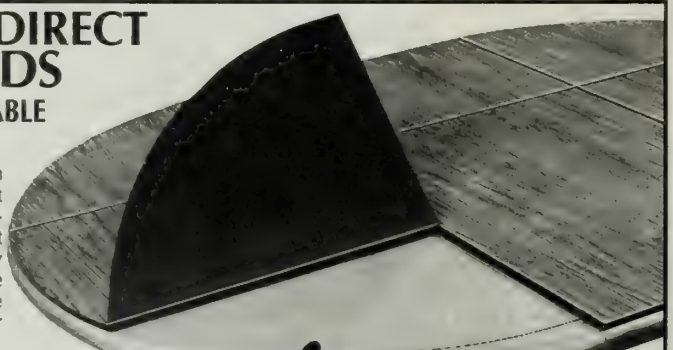
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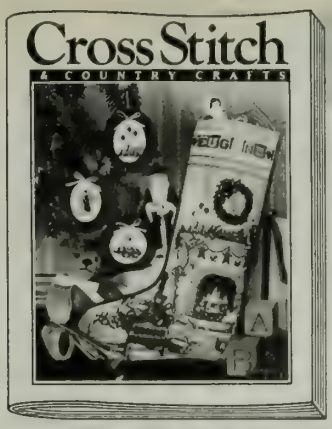
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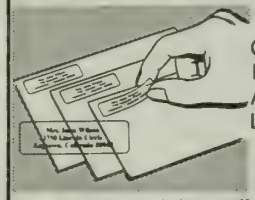
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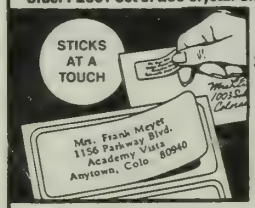
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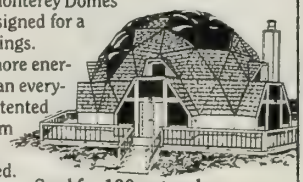
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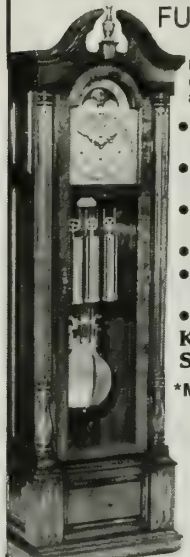
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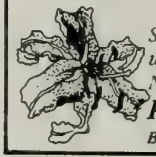
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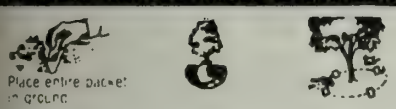
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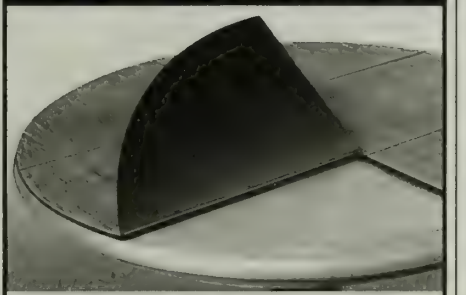
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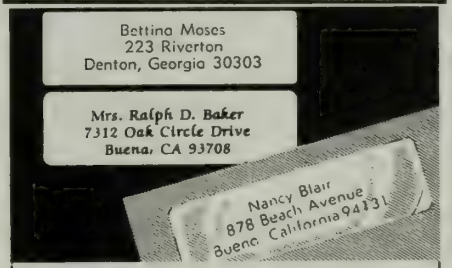
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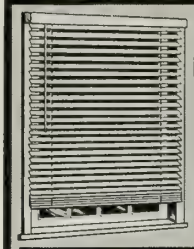


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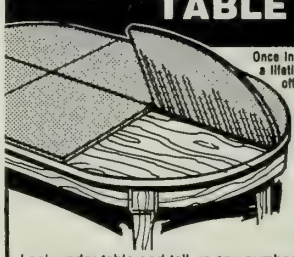
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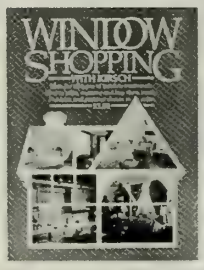
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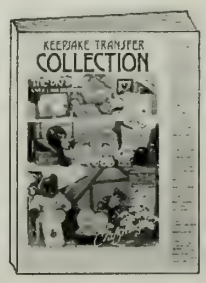
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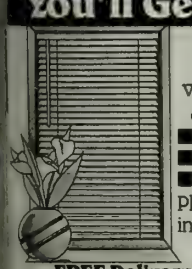


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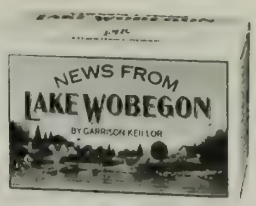
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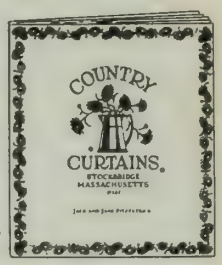
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THE MAN NEXT DOOR®

Dot Dresch asked Christine what her greatest real estate challenge has been, and Chris answered without skipping a beat, "Selling a four-bedroom house with only one bathroom."

The telephone may have rendered the personal letter obsolete, remarks mail carrier Norma Kasmier, "but the catalog has more than filled the gap."

Considering the national debt, says Editor Earl Reeves, it has to be more than a coincidence that a piece of legislation introduced in Congress is called a bill.

"Someday," says Liz Randall, mother of five, "we hope to find a product called Consensus, the cereal that everyone in the family will like."

"October," sighs Isabel Norman, "means we have only three months left to do something outstanding to report in the family Christmas newsletter."

Elaine Cowan argues that maturity is being happier with comfortable old clothes than with fashionable new ones.

Congressman Nick Hanfli says any October that doesn't precede a November election is his favorite month of the year.



"We had a contest to see who could lean out the window the farthest and Tommy Bishop won."



"It was a burglar stealing the TV. I let him take it."

"Talk about bad days," Ken Floyd says. "If I'd been flying, the 'Fasten Seat Belt' sign would never have gone off."

Our Judy, 11, finds the world full of mysteries. She wonders, for example, where all the CB radios have gone. For my part, I wonder what happened to all the Nehru jackets.

A real convenience food, asserts Dick Dresch, is anything you find at the front of the refrigerator. "Or anything your husband happens to be snacking on," adds his wife, Dot.

Once again, last spring's gardening enthusiasm has produced a bountiful harvest. We all love the fresh vegetables, but I must admit I'm looking forward to the end of the string bean crop.

Uncle Dodd Buckner says he doesn't mind going to one of those new hair-styling boutiques, but he sure misses the old barbershop magazines.

I got up just before daybreak one morning this week, and took my first cup of coffee out on the deck. The air was cool and crisp, and the leaves were showing the first hint of turning. Fall has always been my favorite time of year.

I recalled the long strolls Chris and I used to take in the fall, arm in arm, kicking the leaves and talking about special plans. It was on one of those October walks that we became engaged.

As I stood there, our gentle pup came up and leaned against my ankle. He had made his first patrol of the day and found everything in order.

I find much in this harvesttime to be thankful for—a family rich in love and shared experiences, a home that is an anchor for all of us. I opened the door and the dog and I went in together.

"What have you two been up to?" Chris asked with a smile.

"Oh, nothing," I said. "Got time for a short walk before work?"

Burton Hillis

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November 1987

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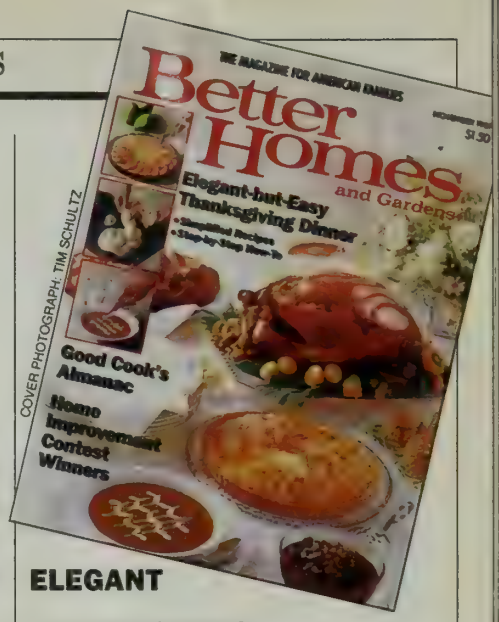
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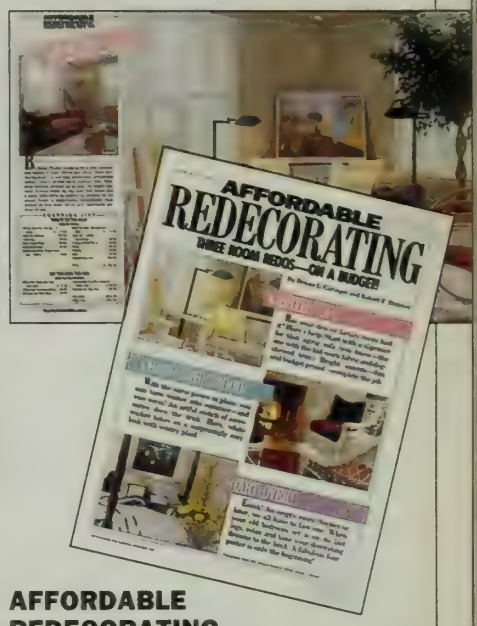
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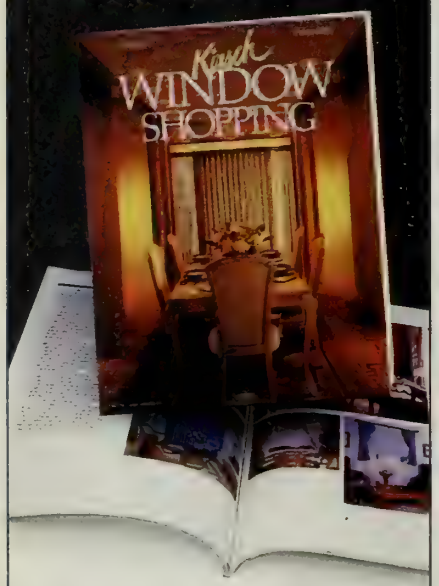
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1 teaspoon vanilla extract
1½ cups pecan halves
1 unbaked 9in. pastry shell

In large bowl, stir eggs, corn syrup, chocolate, sugar, butter and vanilla until well blended. Stir in pecans. Pour into pastry shell. Bake in 350°F oven 50 to 60 minutes or until knife inserted halfway between center and edge comes out clean. Cool on wire rack. Makes 8 servings.



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EDITOR'S LETTER

Real Men

Dear Reader,

I recently saw a cartoon in which one woman was saying to another, "If they can send one man to the moon, why can't they send all of them?"

I laughed, but winced a little, too. It isn't easy, being a man these days. Recent history and the Women's Movement have held up a mirror to us men that reflects an ugly image of saber rattling, insensitivity, and silly macho. The Duke just doesn't seem like such a wonderful role model anymore.

However, a recent incident set me to thinking a lot more positively about men's roles. A young man, son of some good friends, dropped into my workshop a couple of Saturdays ago. He came by to see the cradle I was making for my daughter Sarah's first baby. His wife is expecting, and he was looking for a cradle design for their baby.

"The Duke just doesn't seem like such a wonderful role model anymore."

As we talked, Rick began to tell me about his woodworking activities; furniture he has built or plans to build, and the finishing off of his new house. The more I heard, the more familiar it began to seem.

I was reminded of stories I've been hearing from our home improvement contest; of young couples, working together, who are making wonderful homes for themselves. You'll see the grand prize winner and runners-up in this issue, and, in our January issue, the top winners in each category.

While I would never for a moment downplay the work the wives have put in on these projects, I've been especially impressed by what those young husbands have done. For instance, on *page 134* you'll see the beautiful master suite remodeling done by Tom Wood. Tom did almost all of the work himself,



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completing this wonderful project for the miraculously low cost of $8,000.

In remodeling the attic space, Tom says he remembers hauling 60 cardboard box loads of broken-up lath and plaster downstairs and outside in just one day. He told me that the most nervous-making part of the whole project was cutting the holes in the roof for the dormers. Life being what it is, that night there was a huge storm. All night long, Tom was up there with rolls of plastic and 2x4s, trying to keep the hole covered and the rain out.

I really admire young men like Tom and my friend Rick. They put up with the frustrations of too little time, too little money, not always having the right tools, and sometimes, getting it wrong and having to start over. They hang in there, every night and every weekend, for as long as it takes, building something good for their families.

So, if you're looking for a real man, you might try your local home center or hardware store. You'll recognize him by the Band-Aids on his fingers as he wanders around, looking as if he needs a good night's sleep.

David Jordan

David Jordan, Editor



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FAMILY NETWORK

HOLIDAY TRADITIONS

Celebrating with your family

We've received an outpouring of holiday ideas. More will appear in December's Family Network.

All wrapped up

A special holiday tradition for our family is making our own Christmas wrapping paper. We use a roll of plain butcher paper, tempera paint, and a couple of sponges. We cut the sponges into Christmas shapes (trees, stockings, and so on), dip one side in the paint, and stamp away. It's a unique and personal way to say, "Merry Christmas."

Lori Rozenboom
Hollister, Calif.

Holiday for workers

Thanks to a local synagogue, Christians in our community can spend the Christmas holiday at home with their families. Over 80 Jewish volunteers from the Beth Shalom congregation take over nonmedical jobs in hospitals and soup kitchens. They deliver meals to the homebound, staff hospital information desks, and answer telephones for CareCab, a free taxi service sponsored by Mothers Against Drunk Driving. This ambitious volunteer program has been beneficial to all members of our community.

Lisa Vaughan
Olathe, Kans.



Family: what holidays are all about.

Homemade wrapping paper is a unique and personal way to say, "Merry Christmas!"

Card-carrying artists

In order to make Christmas a little less commercial, our family decided to make homemade Christmas cards for each other. This was no problem for the children who were used to making such items, but it posed a real challenge to my husband and me. We were amazed at how creative we could be, and we all liked it so much that we've carried the tradition over to other holidays.

Anita L. Harmon
New Orleans, La.

Cookies and carols

Our local 4-H club bakes cookies and the whole club goes around to all the nursing homes in our community. The children give the residents cookies and sing Christmas carols.

Arleen Loofboro
Milton, Wis.

Toy fund

Last year my sons had a hard time choosing items to donate to toy drives. I heard such comments as "This toy isn't even popular any more."

I felt they were just being selfish, so I put them to the test. "How about starting a toy fund?" I said. "If you save part of each allowance, by next year you'll have enough to buy something nice." To my surprise, their eyes lit up, and they now look forward to shopping for the less fortunate with their savings.

Judy Trice
Houston, Tex.

Homemade wreaths

Before the heavy snow comes, we go into our woods and cut pine branches. We also collect pinecones and red berries. Then we bend a wire coat hanger into a circle, and make a wreath with what we've gathered.

Theresa Mairoana
Ashford, Conn.

Readers' comments and solutions to family and community problems

Welcome home!

After my mother had foot surgery, she was unable to be on her feet for very long at a time. She received plants and cards from friends, but the greatest gift came from a lady who offered to clean house after Mom got home. Her friend vacuumed, did the laundry, dusted, and watered the plants. And while she worked, they had a nice visit.

Ginger Hamrick
Long Beach, N.C.

Trade-off

There seemed to be an endless number of moans and groans when I asked my children to help with the household chores. After some discussion, we came up with a fair exchange. For every hour the kids spend doing chores, I spend equal time doing things they like. Now we spend more time having fun and the chores are done with less fuss.

Sharon A. Key
Peterborough, N.H.

The right shoe

My young son was constantly getting frustrated because he would always get his shoes on the wrong feet. So I decided to put one of his favorite stickers on the insole of his right shoe—the side of the body he colors pictures with. It has saved us a lot of time and frustration.

Jayne Young
Alhambra, Calif.

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Does your family have a cookbook or collection of recipes put together from one of your family reunions? If so, we'd like to take a look at it. We may feature some of your best recipes in a future story.

Send your books to: Reunion Cookbooks, Better Homes and Gardens Food Department, 1716 Locust St., Des Moines, IA 50336.

FAMILY NETWORK

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Dads' day

In our circle of friends there have been four babies born in the last year to two-career couples. Three of the fathers are very active in child care. The fourth father seemed very detached and uncomfortable with his baby daughter.

We decided to have monthly get-togethers. The women would leave and make dinner, go for a walk—anything to give the dads time together with the babies. They would discuss their children and child care.

The father we worried about became a more active parent, who now views fathering as a rewarding experience.

Diane Lund
Rochester, Minn.

Good neighbors

A neighbor brought a large basket to my door. In it were a dozen warm cupcakes and a note: "What you find in this basket you may keep. Within seven days you must fill it and take it with this note to the neighbor on your right." I passed along some little perfumed soaps. As the basket was sent around the block, many neighbors started talking to each other.

Dawn Ferguson
Mustang, Okla.

Paying their way

After our son and daughter graduated from college, they still lived at home and worked. Since making meals to suit their schedules often cut into my day, I charged them board. As a result, they learned money management and I didn't feel like a maid.

Mildred S. Barton
Anderson, S.C.

Jealous stepchildren

In July's Family Network, one reader asked about stepchildren getting gifts from and going on outings with their natural parents. This created jealousy in the other children. A sampling of your responses follows.

We had a similar situation with an older stepchild, and we made a rule that all gifts purchased by the ex-spouse had to stay at the ex-spouse's home for use when visiting there. The other children never saw the extra gifts. As far as the special outings, I would try to get the visits by the two ex-spouses to coincide, then plan something special for the younger children.

Joan Frank
Tacoma, Wash.

The only stress in this situation is the guilt on the parents' part. Jealousy at an early age is normal. Make every attempt to do things as a family when all the children are together. Once the older children realize that they have loving parents at home, as well as two younger family members, there will be less bragging and more sharing.

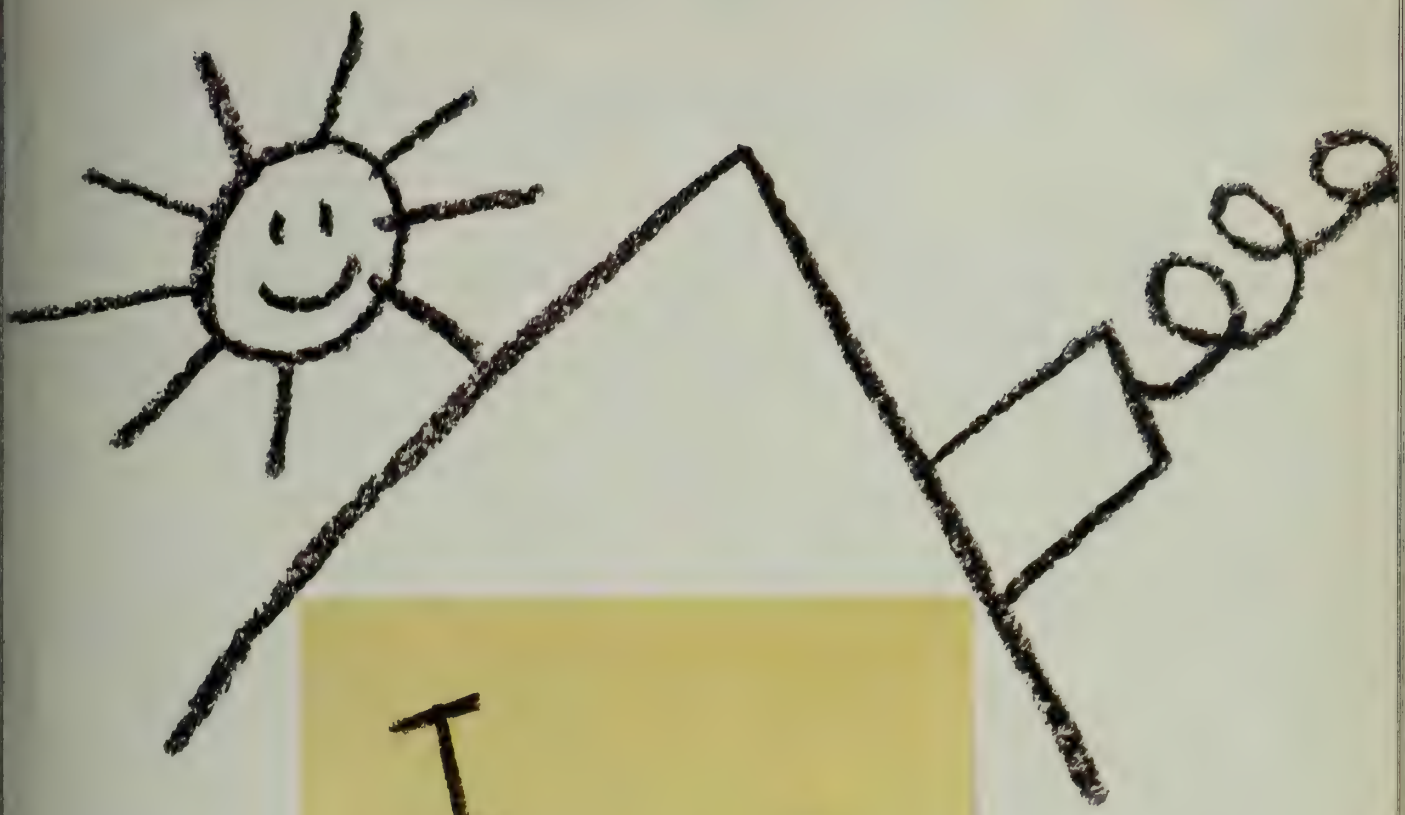
Alvin J. Brotski
Charlottesville, Va.

Our youngest had been jealous of the older children who always had two birthdays and two Christmases. One day I explained why she only got half of what the other kids got. The older kids told her how lucky she was not to be juggled back and forth. Talking has brought them much closer together.

Barbara Tyer
Bacliff, Tx.

WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each letter published. BH&G



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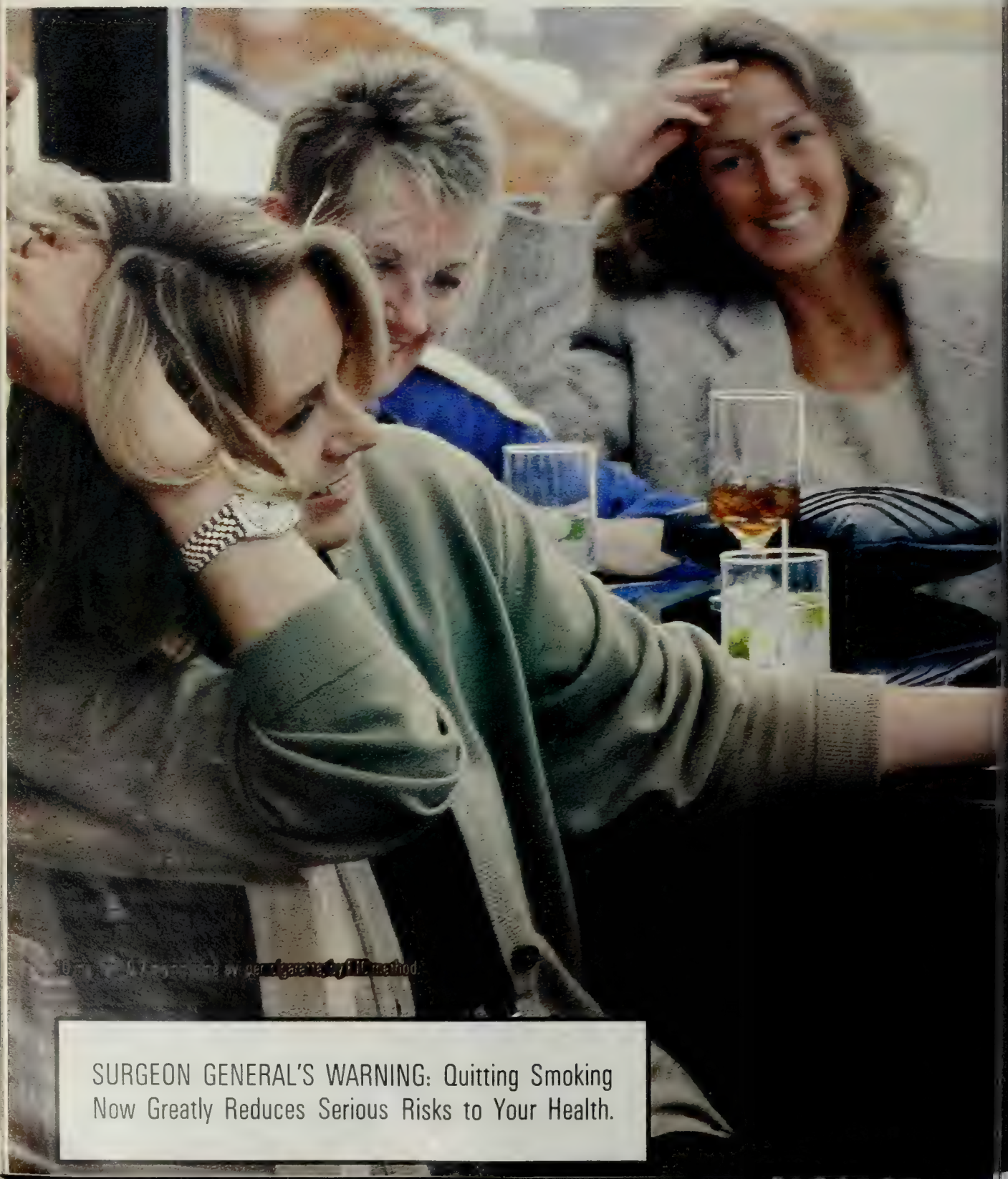
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GOOD COOK'S ALMANAC

By Joy Taylor and Barbara Greenwood

HOLIDAY BAKING TIPS, FESTIVE RECIPES, AND GIFTS

Ideas to help you cook up a storm, eat great, and share the spirit this holiday.



. EDIBLE GIFTS .

MAIL-ORDER FOODS

Call for holiday delivery

Decadent dessert: Order a chocolate fudge cake from Miss Grace by December 15. $21 plus postage. 800/FOR-CAKE

Marvelous muffins and more: Wolferman's English muffins, coffee, tea, jams, and spreads. $28.90 delivered. Order by December 15. 800/255-0169

Country ham: Order a cured ham from Callaway Gardens by December 15 for $48.75. 800/282-8181.

WHICH IS MORE HEALTHFUL?

PUMPKIN PIE OR PECAN PIE?



No contest! Pumpkin pie is better. It has half the calories, 60 percent less fat, a little less cholesterol, and just a smidgen more sodium.



Bake and decorate your favorite cutout cookies. Then, hang them on your Christmas tree!

. . . . . FANCY ORNAMENTS . . . . .

TRIM YOUR TREE WITH COOKIES

You can even nibble as you decorate!

To make cookie ornaments for decorating your Christmas tree, stir together a favorite cookie dough that produces sturdy cutout cookies. Use a straw to poke a hole in the top of a cutout cookie before baking. (If the hole closes during baking, poke it again while the cookie is warm.) Cool and decorate cookies. Thread a ribbon through the hole, tie it in a large loop, and hang the cookie on the boughs of your tree!



On a platter that's microwave-safe layer: *half* of an 8-ounce bag *tortilla chips, half* of an 8-ounce jar *salsa,* and *half* of a 6-ounce bag shredded *Monterey Jack cheese.* Top with ½ cup sliced *ripe olives.* Micro-cook, uncovered, on 100% power (high) a couple of minutes till cheese is melted and oozy. (Give the platter a turn once.) Make another platter with ingredients you have left. About 20 servings. *50 calories/serving—*



Just out—the 45-minute *Better Homes and Gardens®* videotape "Cooking Made Microwave Easy." To order, call 800/678-2672. Or, send check or money order for $21.85 to: Better Homes and Gardens®, Department 6AC, Box 374, Des Moines, IA 50336. Specify No. 23502.

continued on page 24

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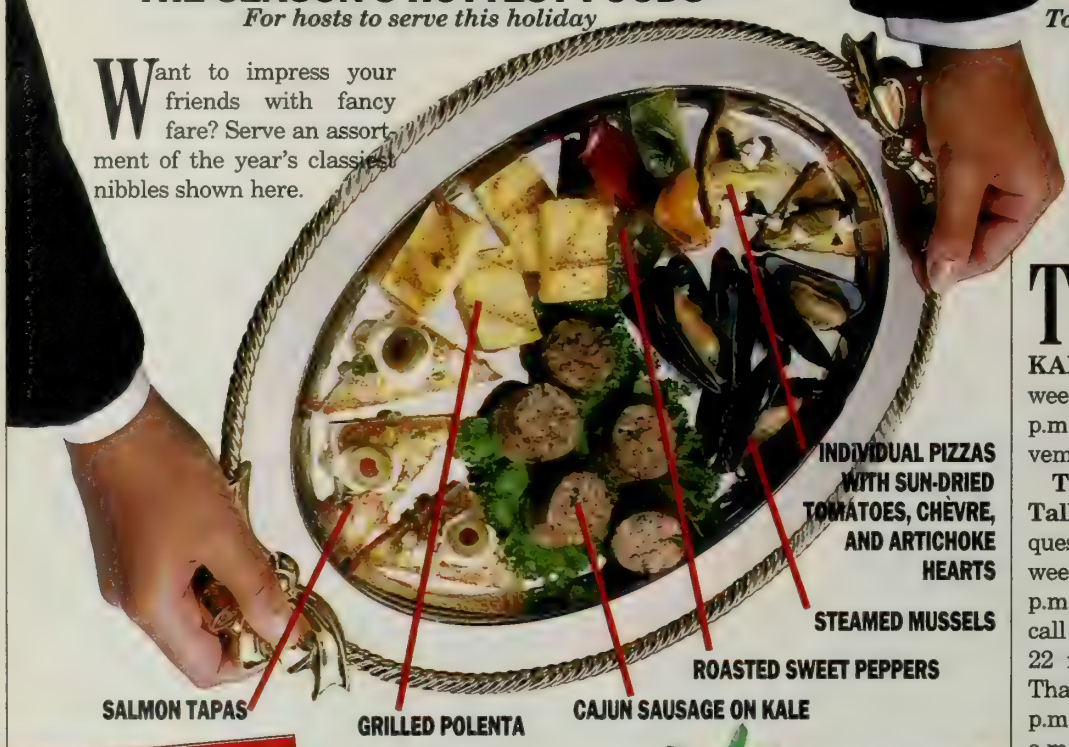
continued from page 22

TRENDY NIBBLES

THE SEASON'S HOTTEST FOODS

For hosts to serve this holiday

Want to impress your friends with fancy fare? Serve an assortment of the year's classiest nibbles shown here.





In 1-quart microwave-safe casserole micro-cook 10 ounces *frozen chopped spinach,* covered, on 100% power (high) 7 to 9 minutes. Press out liquid. Add 8 ounces *cream cheese;* stir to melt. Add a small jar diced *pimiento* (drained). Stir in enough *milk* (¼ to ⅓ cup) to make a mixture of dipping consistency. Cover. Cook on high 2 minutes or till heated through; stir once. *Do not* boil. Serve with carrots or crackers. About 32 servings. *60 calories/tablespoon—*

GIFTS

GOURMET GRAB BAGS

Great ideas for under $5



For a fancy last-minute gift, grab and bag one of these food-lovers' items:

- bottle of garlic vinegar
- bottle of sesame oil
- one or more jars of unusual spices: saffron, fines herbes, vanilla beans
- specialty coffee beans
- a set of kitchen tools for making garnishes
- herb garden starter set
- bag of semolina flour for homemade pasta making

KITCHEN TOOLS

COOKIE GADGETS

To make this year's baking easier, more enjoyable



- **Cookie cutters,** especially for Hanukkah, in all the traditional shapes. You'll use them for years.
- **Insulated cookie sheet** has a thin layer of air between two aluminum sheets to prevent burning.
- **Pastry cloth with suction cups** lets you roll out cookies without rolling up the pastry cloth. Dough cutouts easily transfer to baking sheet—no sticking.

To order these cookie tools, see page 199.

COOKING AID

HOLIDAY HOT LINES

Toll-free help for cooks



The Pecan Pie Hotline answers your pie-baking questions. Call **800-KARO-PIE (800/527-6743)** weekdays from 9 a.m. to 5 p.m. eastern time, from November 2 to 25.

The Butterball Turkey Talk Line answers turkey questions. Call **800/323-4848** weekdays from 8 a.m. to 8 p.m. November 2 to 27. Also call November 14, 15, 21, or 22 from 8 a.m. to 6 p.m.; Thanksgiving Day 6 a.m to 6 p.m.; and, weekdays from 8 a.m. to 6 p.m. November 30 to December 24. All times are central time.

The Nabisco Brands Consumer Hotline answers your questions about baking. Call **800/932-7800** weekdays from 9 a.m. to 4:30 p.m. eastern time.

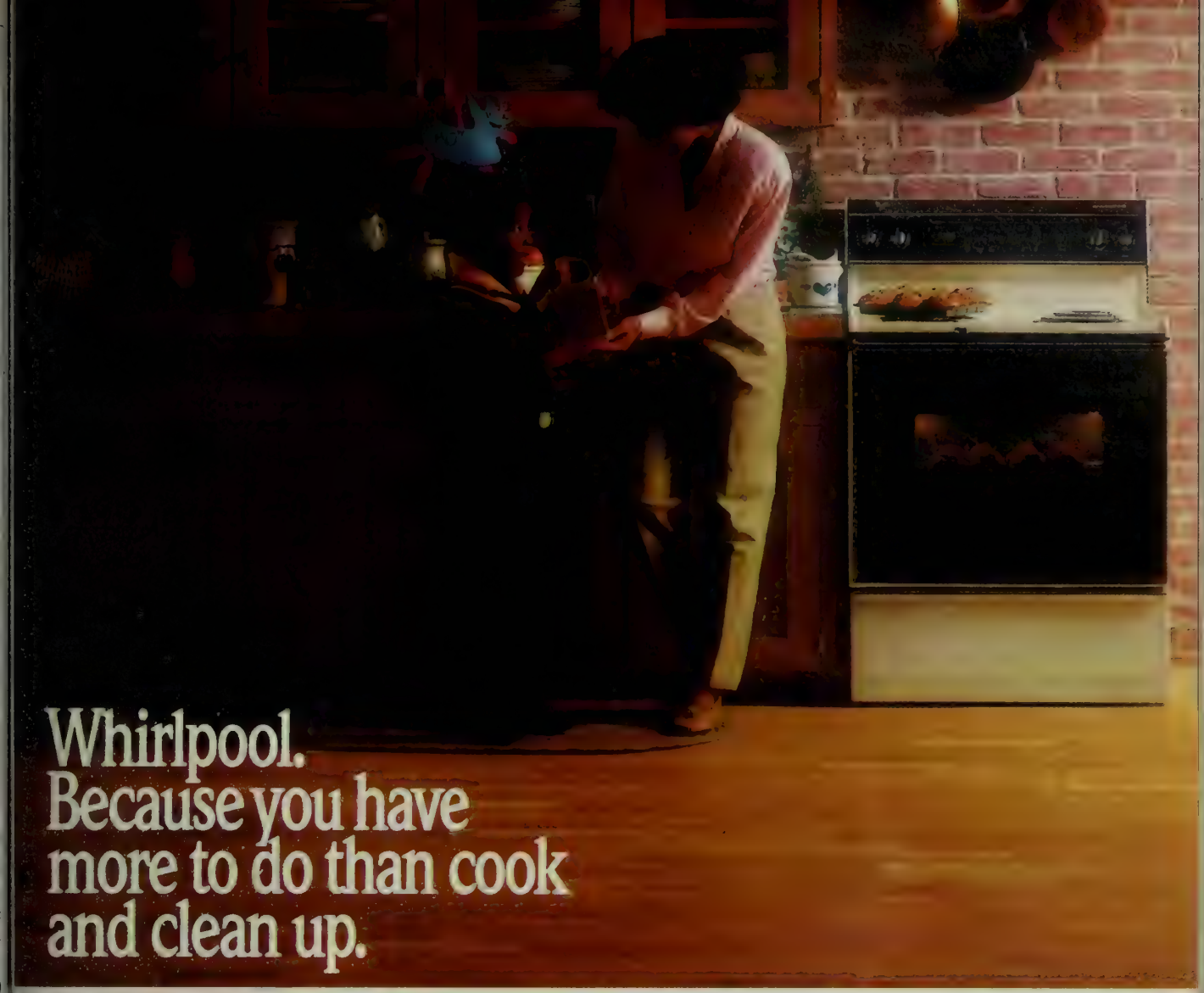
WHICH IS MORE HEALTHFUL?

TURKEY OR HAM DINNER?



The ham and yam meal has about 80 fewer calories and about 20 percent less fat. But, the turkey and stuffing has almost half the sodium.

continued on page 26



Whirlpool. Because you have more to do than cook and clean up.

Your life may be busier than ever. But you want to serve hot meals whenever you can. That's why Whirlpool® ranges and ovens are designed for easy cooking and easy clean-up. So you can spend more time entertaining the troops, and still enjoy delicious, home-cooked meals.

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* Includes delivery and installation of new appliance and removal of old appliance. Offer good in the 50 states only. For details, see your retail dealer.

GOOD COOK'S ALMANAC

continued from page 24



..BAKING TIPS..

MAKE PERFECT COOKIES

Shortenings differ

All shortenings are not created equal when it comes to making stiff cookie doughs. Here you'll find how they differ:

A 100-percent corn-oil margarine makes a cookie dough so soft that you need to chill it longer or freeze it to obtain a firm, workable dough. For sliced cookies, place the wrapped dough in the freezer for about 3 hours. For rolled cookies, extend the chilling time in the refrigerator to about 5 hours. Then, continue as your recipe instructs.

Light or diet margarine or spreads contain more water and less fat than regular margarine or butter, and do not produce a satisfactory cookie. So, avoid using them for cookie baking.

Butter makes the stiffest cookie dough, needing little or no chilling.

WHICH IS MORE HEALTHFUL?

BRANDIED EGGNOG OR WASSAIL?



Satisfy your sweet tooth without blowing a diet when you sip on a cup of wassail. It has half the calories of eggnog and no fat or cholesterol.

.....EDIBLE GIFTS.....

DO-IT-YOURSELF FOOD BASKETS

New ideas for eleventh-hour gift giving



Goodie basket for the health conscious.

For the Health Conscious: In a heart-shaped basket arrange a bottle of olive oil, fruit juice, herb tea, assorted beans, mini oat cakes, soy nuts, salt-free seasoning, and fresh fruit.

For the Bread Baker: In a large bread basket tie together a collection of whole grain flours (triticale, rye, buckwheat), bread thermometer, pastry cloth, and apron.

For the Ice-Cream Fanatic: Fill the cylinder of an ice-cream maker with a bottle of hot-fudge sauce, maraschino cherries, a scoop, and a big ice-cream bowl.

For the Nut Snacker: In a burlap sack, bag nuts from around the world—pine nuts, macadamias, filberts.

For the Candy Lover: Fill a recipe card box with a homemade candy; tuck in the handwritten recipe.

.....PLANT ADVICE.....

LEAVES, FLOWERS, AND BERRIES

Pretty yes, but be careful

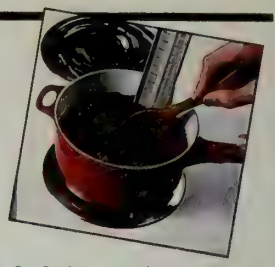
The leaves, flowers, and berries of many plants are toxic; never use as a decoration on or near food. This season, enjoy the beauty of these plants, but keep them away from all foods:

- amaryllis
- poinsettia
- mistletoe
- bittersweet
- yew
- balsam fir
- crown-of-thorns



Holly berries (poisonous).

For more information, call the Poison Control Center listed in the white pages of your local telephone book.



..COOKING TIPS.

MAKE PERFECT CANDY

Review these pointers

Before you begin, read and understand your candy recipe completely. Then, follow these tips:

- Double-check the accuracy of your candy thermometer before you begin.
- Use the right size saucepan. One too small allows boil-overs; one too large allows candy to cook too fast.
- Avoid splashing as you stir the sugar mixture.



In a medium bowl that is microwave-safe heat 8 ounces *semisweet chocolate,* uncovered, in your microwave on 100% power (high) a couple minutes. Stir till chocolate melts. Now add more sweet stuff: a 14-ounce can *sweetened condensed milk* and ½ cup *coffee liqueur.* Blend well, then cook, uncovered, on high a couple minutes more till heated through. Pour into a fondue pot set over a fondue burner. Dive into creamy rich fondue with mandarin oranges, pineapple chunks, marshmallows, or cake. About 2½ cups, 10 servings. *300 calories/serving*— BH&G

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New HLDI Report on Highway Safety:

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1984-1986 passenger cars with the "best injury loss experience"

		Model	Body	Relative Frequency
✔	1.	Pontiac Parisienne	SW	52
	2.	Mercury Grand Marquis	SW	53
✔	3. Tie	Oldsmobile Custom Cruiser	SW	54
✔	3. Tie	Buick Electra	SW	54
	5.	Mercury Grand Marquis	2D	55
	6.	Jaguar XJ6	SS	57
	7.	Volvo 240	SW	58
✔	8.	Chevrolet Caprice	SW	60

Source: Highway Loss Data Institute. **Body Styles:** SW=Station Wagon; SS=Sports & Specialty; 2D=Coupe. All results are stated in relative frequency of injury claims: 100 is average.

The Highway Loss Data Institute (HLDI) is a non-profit public service organization associated with the Insurance Institute for Highway Safety. As it does annually, HLDI has just summarized and published its findings on the frequency of automotive insurance claims.

We are pleased that GM cars are rated best again, as they have been each and every model year since 1977. Of the models that HLDI categorizes this year as having "the best" injury loss experience, four of the top eight are General Motors cars, including the number-one model and three of the top four.

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General Motors has become the world leader in safety research, giving us better tools to engineer the design of our cars and trucks and to understand the human factors that influence safety. That's part of GM's commitment to our customers.

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THREE ROOM REDOS—ON A BUDGET!



By Denise L. Caringer and Robert E. Dittmer

LIGHTEN UP!

Has your den or family room had it? Here's help. Start with a slipcover for that aging sofa (you know—the one with the kid-worn fabric and dog-chewed trim). Bright accents—fun and budget priced—complete the job.



CHANGE THE MOOD!

With the same pieces in place, you can turn winter into summer—and vice versa! An artful switch of accessories does the trick. Here, white wicker takes on a surprisingly cozy look with wintry plaid.



START OVER!

Eeeek! An empty room! Sooner or later, we all have to face one. When your old bedroom set is on its last legs, relax and take your decorating dreams to the limit. A fabulous four-poster is only the beginning!

Photographs: Scott Little. Designs: Robert E. Dittmer, Denise L. Caringer

LIGHTEN UP!

COLOR AND CONTRAST SAVE THE DAY



Be brave! Shake things up with bold artwork and dashes of zippy yellow and white. Start with the big stuff—in this case, a slipcover (of mattress ticking) that's skirted for a clubbish look. Now, prop oversize artwork on an easel for bright contrast. A crisp cotton rag rug, new floor lamps, and a sleek table serve as supporting players for the grand finale: a once-clunky secondhand chair slicked up with shiny white paint and sunny awning stripes.

SHOPPING LIST

TAKE IT TO THE LIMIT

(room as shown)

Ticking fabric for sofa (ap. 12 yards)	$ 72.00	Labor for chair seat and back pads	$ 75.00
Labor for slipcover	240.00	Labor for 2 corded toss pillows	60.00
Cotton rug	59.00	2 lamps @ $49.90 ea.	99.80
Glass-topped table	129.00	Poster	30.00
Secondhand chair	35.00	Framing	110.00
Yellow-and-white striped fabric (ap. 2 yards)	72.00	Easel	25.00
		Optional ficus tree	200.00
		TOTAL	$1,206.80

GET THE LOOK FOR LESS

(what you can eliminate)

Wrap and staple your own chair pads	$-75.00	Frame poster at a do-it-yourself frame shop	$-30.00
Make your own toss pillows	-60.00	Eliminate the ficus tree	-200.00
Eliminate one floor lamp	-49.90	YOU SAVE	$414.90
		FINAL COST	$791.90

SCOTT LITTLE

Buying information, page 206.


N ART AT THE WADSWORTH ATHENEUM ARTFORD, C

CHANGE THE MOOD!

EVEN A GOOD ROOM MAY NEED A CHANGE OF SCENE



PAINTING: BRENDA MORRISON; THE GALLERY; BURLINGAME, CALIFORNIA

With surprising ease, wicker trades its cool summertime allure for cold-weather comfort. Warmed by rugged plaid and hardy accessories, this sitting spot extends a wintry cabinlike welcome. Walk across the cozy rug to light the fire, then nestle back against woolly red-and-black cushions. Horsey accents and green-shaded lamps foster denlike intimacy. Stripped of its lacy summer cloak, a pine table stands ready for a game of checkers—or a good read.

SHOPPING LIST

TAKE IT TO THE LIMIT

(room as shown)

Wool blend plaid fabric (ap. 7 yd.)	$ 56.00
Labor for 5 corded cushions	275.00
Plaid rug (ap. 5′×8′)	555.00
2 posters @ $15 ea.	30.00
Framing and matting for 2 posters	$ 300.00
Black toss pillow	15.00
Green-shaded lamps @ $79.90 ea.	159.80
TOTAL	$1,390.80

GET THE LOOK FOR LESS

(what you can eliminate)

Eliminate one of the two posters: poster cost	$ -15.00
framing	-150.00
Frame remaining poster at do-it-yourself shop	-40.00
Eliminate the new lamps	-159.80
Make your own chair cushions	$-275.00
Wait till end of season for fabric sales	-28.00
YOU SAVE	$ 667.80
FINAL COST	$ 723.00

SCOTT LITTLE

Buying information, page 206.


HAMPTON CLASSIC
AUG 26 AUG 30 1981

START OVER!

WELL-PRICED PIECES MAKE IT POSSIBLE



SHERRY REESE QUINN

A room with a past? No, but vestiges of the 1700s—a grand bed, porcelain blue linens, and a primitive-style poster—suggest noble lineage. Awaken a stately unfinished-wood secretary with yellow and white paint, then pair it with an old chair slipcovered with a sheet. The swag? Fold a round tablecloth in half, tack it to the trim and tie with a fat bow; wind the loose ends into rosettes and pin. Low chests hug the footboard, graciously freeing up space for two nubby rugs.

SHOPPING LIST

TAKE IT TO THE LIMIT

(room as shown)

Rice-carved queen-size bed	$ 799.00
2 sheet sets @ $39.99 (1 for bed, extra fitted sheet for box spring, extra flat sheet to cover chair)	79.98
2 shams @ $19.99	39.98
2 toss pillows @ $19.99	39.98
Table round (for swag valance)	29.99
Large lamp	$ 29.99
Small lamp on desk	12.99
2-piece secretary (unfinished)	259.80
2 low chests (unfinished)	196.80
2 area rugs	78.00
Cat poster, framed	77.50
Labor for chair cover	79.00
TOTAL	$1,723.01

GET THE LOOK FOR LESS

(what you can eliminate)

Use bentwood chair as is	$ -79.00
Eliminate one rug	-39.00
Eliminate 2 shams	$ -39.98
Eliminate toss pillows	-39.98
YOU SAVE	$ 197.96
FINAL COST	$1,491.05

SCOTT LITTLE

Buying information, page 206.



At 4½ she's reading 3rd grade books



a child prodigy? not at all! your child, too can be reading one, two or three years beyond present age level. . . even if a "poor" reader now

Prove it to yourself . . . with this 10 day free trial!

Reading is fun for Sarah—as it *should be* for every child. At age four-and-a-half, she's already choosing her own books at the San Diego, Cal. library.

She reads books many third graders find "hard going." Yet she won't enter first grade for another year.

Sarah is typical of thousands of children who learned to read with "Listen and Learn with Phonics"—a reading kit that actually makes reading fun.

"Listen and Learn with Phonics" was developed by a reading expert. It has been endorsed, after extensive testing, by teachers, schools, and educators.

This practical (and inexpensive) home-learning kit *fascinates* eager young minds from three to ten. The child *hears* the letters or sounds on a cassette, sees them in a book and then repeats them. This makes an absorbing *game* of better reading — with amazing results.

For example: Slow or average readers show sudden—often spectacular—improvement in reading and spelling. Older children often advance their reading skills several years beyond their age level. Young "pre-schoolers" actually *teach themselves to read* by this simple but startingly effective method.

WHAT OTHERS SAY

I am tremendously pleased. My 5-year old is reading very well and I plan to begin with my 4-year old. I am so glad I invested in this set. *Judy I. Gay, Stow, Oh.*

Last year I taught grades 1-4. I had a 6-year old boy who came to 1st grade reading 6th-grade words. His father had taught him at home using your set. The father donated the set to our school. I was thrilled because some of the children need a lot of extra help with reading and phonics. *Janet Griffin, Triangle School, Apex, N.C.*

What a happy Grandma I am! Since I ordered a Phonics set and had it mailed to my granddaughter, Kim, and her 6-year old sister, they are both making A's in school. *Mrs. Clarence Sparks, Clearwater, Fl.*

Four years ago, I ordered your Phonics set for my 2 children; then, ages 4 and 5. They are now top readers and spellers in their class. *Mrs. Nancy Cook, Santa Paula, Ca.*

Your company has the best teaching method I have found. Thank you for offering such quality educational materials. *Mrs. Joseph Vandenbush, Green Bay, Wisc.*

SPECIAL PARENTS' GUIDE

A 32-page *Parents' Guide* is included. However, you don't need special teaching skills to use this program. Nor do you need any special knowledge of phonics.

In fact, your child needs no special supervision on your part. This set is so simple, so fascinating, children can learn "on their own" *without help.*

10-DAY FREE TRIAL WITH MONEY-BACK GUARANTEE!

Results are so dramatic, the publishers will make the complete kit available to your child with an equally dramatic FREE trial and guarantee.

Under the terms of this unusual offer you can test the kit for ten days. Unless you are pleased and satisfied in every way, unless you see *immediate* results with your child, just return the set for a *full refund* of any money paid. Fill out and mail the coupon below today. If you wish to charge the kit to your credit card just check the coupon. There's no obligation, and six teaching games are included free — yours to keep whether you return the program or not. Career Publishing, Dept. 188-117, Mundelein, Illinois 60060.

6 TEACHING GAMES INCLUDED FREE
Set includes six separate "word building" games. All six are sent with your Listen and Learn Phonics Set FREE of charge! Yours to keep even if you return the set.

For Fast Service, Call 1-312-949-0011
For Credit Card Orders

Here's everything you need to teach your child reading, with guaranteed results. In addition to colorful learning booklets, you receive educational games and cassettes.



MAIL COUPON FOR 10-DAY FREE TRIAL!

Career Publishing, Mundelein, Illinois 60060, Dept.188-117

Send me for 10 days's free examination the complete *Listen and Learn with Phonics Reading Program.* Within 10 days after receipt, I will either return it or send $12.95 as first payment and $10.00 a month for 3 months, total $42.95 which includes shipping and handling.

Check here if you wish to pay in full now: ☐ $39.95 enclosed
Payable in U.S. funds.

☐ Check here if you prefer Deluxe Set at $10.00 more. Includes extra books plus special phonics game.

☐ Charge my credit card (You save $3.00 shipping. Same money-back guarantee.) Illinois residents add sales tax.

☐ Visa ☐ Master Card

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Name _____

Address _____

City _____ State _____ Zip _____

Signature _____ Phone _____

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GRAPE EXPECTATIONS

FAST, FUN, AND FANCY IDEAS



SCOTT LITTLE

Grapes shine in these nifty treats.

Sure, grapes are super for eating out of hand. But grab a bunch and give some of these ideas a try, too.

- **Salad sprucer:** Stir seeded, halved grapes into your favorite creamy main-dish salad (tuna, chicken, turkey, or ham salad).
- **Beverage stirrer:** Alternate different-colored grapes on a skewer and plunk into a tall glass of iced tea or lemonade.
- **Sauce dress-up:** Add sweetness to an orange or lemon dessert sauce by stirring in halved, seeded grapes. Or, serve poached chicken breasts or fish fillets Véronique-style. Just stir halved, seeded grapes into an orange- or wine-based sauce near the end of the cooking time. Heat through.
- **Cake fix-up:** Make a border or decoration on a frosted cake. Use different-colored whole or halved grapes. Lightly press the grapes into the frosting.
- **Drink coolers:** Cool down a thirst quencher without diluting it. Place whole, rinsed grapes on a shallow pan and freeze till solid. Wrap grapes in freezer bags to store. Seal. Use in place of ice cubes.
- **Sugared grape clusters:** Brush a small cluster of grapes with egg white, then dip in granulated sugar. Let dry on a wire rack. Enjoy as a dessert or use as an edible garnish.
- **Crunchy snacks:** Rinse whole seedless grapes and pat dry. Roll the grapes in fruit-flavored, soft-style cream cheese then roll in granola or finely ground nuts. Chill in the refrigerator until serving time. BH&G

Special Introductory Offer! Save 60% On Quality Oneida Community Stainless

Exclusively From Betty Crocker®

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-Piece Place Setting
ONLY $7.99!
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While other people have paid up to $30.00 for Oneida Community piece place settings (or $19.95 on sale) you pay only $7.99! That's a nart savings of 60% off the sale price on handcrafted Oneida flatware icked with Oneida's lifetime warranty!

Betty Crocker, a trusted name in homemaking, is America's largest ller of top-quality, made-in-America Oneida Community Stainless. nat's why we can pass such tremendous savings on to you!

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dd to, or start, your set today! Order up to four 5-piece place settings. ach place setting includes one teaspoon, soup spoon, salad fork, dinner rk and dinner knife. Dishwasher-safe and great for those extra holiday ace settings.

ong with your order you'll get a FREE Betty Crocker Catalog! scover exciting, coordinated serving pieces, accessories and more for eryday and entertaining! Saving is easy with Betty Crocker coupons und on over 200 General Mills products!



BONUS GIFT!

To start your savings we'll send you a Betty Crocker coupon worth 50 points redeemable on your next Betty Crocker Catalog order!

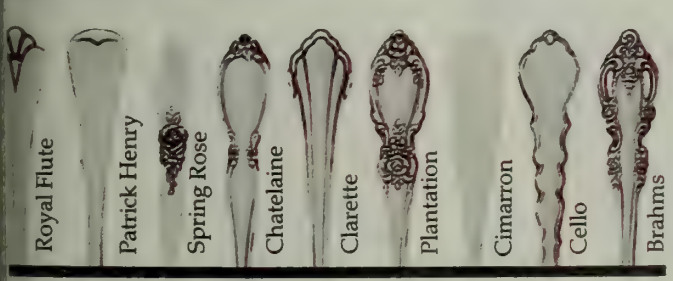


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hoose From One Of These Nine Exclusive etty Crocker Patterns:



☐1. ☐2. ☐3. ☐4. ☐5. ☐6. ☐7. ☐8. ☐9.

☐ *YES!* Send me the place settings I've indicated below at only $7.99 each. Each 5-Piece Place Setting includes: one salad fork, dinner fork, dinner knife, teaspoon and soup spoon.

PLUS! Send me a coupon worth 50 Betty Crocker coupon points redeemable in the New Betty Crocker Catalog included with my order!

$7.99 x _____ (no. of place settings—Limit 4)	=	$ (subtotal)
Please add postage and handling	=	$ 1.00
Order total	=	$

Method Of Payment:

☐ Check ☐ Money Order (do not tape or staple payment to order)
Charge to my: ☐ VISA ☐ MasterCard (minimum charge order $10.00)
Credit Card No. _____ Exp. Date Mo. ___ Yr. ___

Signature X _____
(required for charge orders)

Print Name _____

Street Address _____

City _____ State _____ Zip _____

Daytime Phone (_____) _____
(In case we have a question about your order.)

Betty Crocker®

Please allow 2-3 weeks for shipment. Good only in U.S.A.
Offer expires January 15, 1988

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DUPONT CERTIFIED
STAINMASTER
CARPET

What would you do without

NEW PRODUCTS

JUST OUT!

FOR YOUR HOME AND FAMILY

By Tom Jackson and Nancy Hall

•ABOUT THESE PRODUCTS•
Check your favorite stores for these new and helpful products, or write to the manufacturer for a list of retail sources near you. Please don't send a check or request an order form from the company. The suggested retail prices listed may vary by store and area of the country.



Available in models for men and women, shavers work with or without shaving cream.



To clean, just rinse.

WET/DRY SHAVER

Don't be afraid to use them in water

Either way you prefer to shave, wet or dry, the Panasonic rechargable electric shaver can meet the need. The shaver is completely submersible and can be used in the shower or tub. A rubber-coated handle helps prevent the shaver from slipping out of your grip. The recharger works as a storage stand and offers automatic voltage conversion for international use.

Panasonic Rechargable Wet/Dry Shaver, about $85 for men's; $34 for women's. Panasonic Appliance Products Div., Two Panasonic Way, Secaucus, NJ 07094-9984.

You could go to great lengths to keep ugly spills off your carpets.

Or you could simply get DuPont Certified Stainmaster℠ carpet.

Then, you can handle most common household spills with soap and water.

Even if they've sat for hours.

And that'll leave you leaping for joy. Instead of other things.

Stainmaster℠ carpet?

DUPONT
REG U.S. PAT. & TM. OFF.
CARPET FIBERS

GYMBOREE PLAY PRODUCTS

Outdoor fun with indoor toys

When the weather turns cold, tumbling tots can continue their frolicing indoors with these Gymboree active play products. The GYMKID includes a slide and a seesaw that can be converted to a balance beam or incline board, and a hanging bar with rings. The three inflatable GYMTUBES can be used separately or strapped together to form a rolling obstacle course.

GYMKID, about $150, GYMTUBES, about $28 for three. Connor Toy Corporation, 200 Fifth Ave., No. 903, New York, NY 10010.



Toddlers can play year-round with this indoor set.



Kids refine motor skills while having fun.

TEA FOR TWO™, FAST

Convenience for quick starters



Easy cleanup for busy people.

The Tea for Two™ tea maker brews two cups in five minutes. A permanent filter and a removable drip tray speed cleanup. For coffee lovers, The Cafe Duo™ will likewise brew two cups in five minutes. Both come with ceramic mugs and can be wall mounted.

Cafe Duo and Tea for Two, about $50 each including cups. Phillips Home Products, Inc., P.O. Box 6352, Akron, OH 44312.

continued on page 44



NEW PRODUCTS

continued from page 43

ULTIMATE SALT AND PEPPER MILL

Two-in-one shaker



See what you're getting in this shaker.

A one-handed squeeze on the trigger-like handle delivers freshly ground pepper from the Ultimate Salt 'N Pepper Mill. The mill uses a spring mechanism rather than rotating gears to make grinding pepper an easy task. Remove the pepper and use the grinder to pulverize a variety of spices for quick use when cooking. The clear acrylic and white device includes a knob to adjust the coarseness of the pepper grind to your personal preference.

Turn it over and you can shake out salt stored in the top. The acrylic lets you see when your salt or pepper supply is low. This gadget is convenient for cooking and makes a unique dining table conversation piece.

Ultimate Salt 'N Pepper Mill, about $18. Imperial Knife Co., 1776 Broadway, New York, NY 10019.

AIR STATION

Powerful but lightweight



A maintenance-free compressor.

Black & Decker's Air Station Inflator/Compressor produces up to 120 pounds per square inch of pressure—enough to inflate tires, air shocks, and sporting items. The 4.3-pound Air Station runs off 120-volt household current and includes built-in pressure gauge and inflation nozzle storage.

Air Station, about $70. Black & Decker, U.S. Power Tools Group, 10 N. Park Dr., P.O. Box 798, Hunt Valley, MD 21030-0748.

ANYWHERE GARDEN™

Ideal for vegetables or flowers



Sturdy plastic planter and tray.

The Anywhere Garden System offers a portable, self-watering container for your prize vegetables or flowering plants. A built-in wick and water reservoir keep soil moist, and an accessory trellis kit helps climbing plants.

Anywhere Garden System, about $30 with soil mix. Rubbermaid Specialty Products, Inc., P.O. Box 5050, Statesville, NC 28677.

NEWS FROM ANYWHERE

Get the latest from around the globe

Portable shortwave radio brings the news from almost anywhere in the world. The radio pulls in 15 shortwave bands, AM and FM, and maritime communications. Includes 15 memory presets, an LCD readout, and digital clock with a buzzer or radio wake-up alarm.

ICF-7700, about $265. Sony Corp. of America, Sony Dr., Park Ridge, NJ 07656.



Operates on four AA batteries.



High-quality ruler/calculators.

CALCULATOR RULER

These are more than just rulers

Measuring, marking, and calculating are all possible with these rulers. The RL-3 (bottom) includes a 12-inch/30-cm ruler, magnifier, clock, and eight-digit calculator. The translucent RL-7 has an etched grid pattern.

RL-3, about $12; RL-7, about $13. Citizen Consumer Products, CBM America Corp., 2999 Overland Ave., Los Angeles, CA 90064.



...all day. Every day.

We're tossing salads right now at your favorite McDonald's.® Our Chef Salad, with tasty sliced ham, turkey and cheese. Our Chicken Salad Oriental, with tender chunks of chicken and chow mein noodles. Or the cool, crisp greens and ripe, juicy tomatoes in our Garden Salad. Three great salads with five different dressings. Tossed all day. Every day. And always made so fresh at McDonald's.

McDonald's

IT'S A GOOD TIME FOR THE GREAT TASTE®

You'll find Taurus wagon as much a pleasure to drive as you would an advanced, high-tech touring sedan. That's because as much careful thought and planning went into the design of Taurus wagon as Taurus sedan. Although they both share a host of innovative engineering features, the wagon has unique, advanced design elements of its own. For example, the rear suspension on the wagon is specifically designed to respond to the ki of loads a wagon carries.

This careful engineering allows Tauru grip the road and hold on tight, loaded or unloaded. Which makes Taurus the wago you'll want to drive, even when there's nothing to carry.

6-Year/60,000-Mile Powertrain Warran

Covers major powertrain components



Buckle up–together we can save lives.

/ears/60,000 miles. Restrictions and deduct-
le apply. Also, participating dealers back
eir customer-paid work with a free Lifetime
:rvice Guarantee, good for as long as you
vn your vehicle. Ask to see these limited
arranties when you visit your Ford Dealer.
**rd. Best-built American Cars...seven
ars running.**
Based on an average of owner-reported problems in a series of surveys of '81-'87 models designed and built in North America. At Ford, "Quality is Job 1."

Buy or lease a Taurus wagon at your Ford Dealer.

Ford Taurus Wagon.

The wagon you'll want to drive
:ven when there's nothing to carry.



Have you driven a Ford...lately? Ford

THE NEW-AGE FAMILY CARS

SLEEK, SERVICEABLE, AND GREAT FUN TO DRIVE

By Mike Knepper

A former editor of *Motor Trend,* auto expert Mike Knepper selects six of the best in an all-new generation of family cars.



PERRY STRUSE

Enjoy new style and engineering at every price level.

Old standard, new style

The family car has caught up with the automotive revolution at last! For the first time you'll find new-age styling and engineering at every model and price level.

The basics are still there: Four doors for easy scrambling in and out. Spacious trunks. Enough room inside for both adults and squirming kids.

But today's typical family car is shaped to slip through the air with ease. It is front-wheel-powered by a sophisticated engine, and it has remarkably good driving characteristics.

Here are six of the best, from subcompact to full-size. Base prices are 1987 or estimated 1988. Deals will vary depending on when and where you buy.



VOLKSWAGEN FOX GL

A nimble subcompact

Volkswagen's new entry in the small-size, small-investment end of the market is one of the best on the road—nimble, peppy, fun to drive.

Manufactured in Brazil, the Fox measures up to VW quality standards. It remains much in the VW family mold, with a straightforward, uncluttered exterior which makes it look like a scaled-down version of the company's popular Jetta. The Fox's interior is also pure VW in its simplicity and quality.

A fuel-injected, four-cylinder engine produces 81 horsepower. When it's matched up with a four-speed manual transmission (the only one available), the spirited import becomes a top performer in its class.

The four-door Fox GL—there is also a two-door and a two-door station wagon—has a long list of standard features, including velour upholstery, full carpeting, reclining seats, rear-window defogger, driver's side remote-control mirror. A radio is optional, air conditioning is available.

Engine: 1.8-liter 4-cylinder; horsepower: 81 at 5,500 rpm; transmission: 4-speed manual; wheelbase: 92.8 in.; base price: $6,640.



CHEVROLET CORSICA

GM's exciting new-age compact

The Corsica and its two-door stable mate, the Baretta, are the first of a new generation of General Motors cars that dramatically reflect the influence of aerodynamics on styling. Slightly bigger than a Cavalier, slightly smaller than the Celebrity, the Corsica is officially considered a compact family car.

Following the Japanese imports' lead, the Corsica gives value for the dollar: Standard equipment includes a 90-horsepower, 2.0-liter, four-cylinder engine with fuel injection; a five-speed manual transmission; power brakes and steering; dual sport mirrors; tinted glass; tachometer; console; and AM radio.

A 125-horsepower V-6 and an automatic transmission are optional. The four-cylinder is adequate, but the V-6 with the automatic is the best pairing. The standard Corsica's ride is smooth and comfortable. The car also can be equipped with optional F41 sport suspension and larger wheels and tires for European-style handling.

Engine: 2.0-liter 4-cylinder, 2.8-liter V-6; horsepower: 90 at 5,600 rpm, 125 at 4,500 rpm; transmission: 5-speed manual/3-speed automatic; wheelbase: 103.4 in.; base price: $9,395.



FORD TAURUS

This midsize winner started it all

The sprightly Taurus first shocked us with its ultracontemporary styling, then charmed us with its sporty ride, handling, and overall performance. It remains the leading exponent of the philosophy and engineering going into new-age family cars.

The Taurus (and its companion Mercury Sable) provides midsize room for

continued on page 51

SEE MR. GOODWRENCH FOR AN OIL CHANGE.
GET A CHANCE TO BE AN...

INSTANT WINNER



No Purchase Necessary

Scratch and match with the Mr. Goodwrench game card. You could win a camera... or one of five other prizes in the Mr. Goodwrench Instant Winner Game. Every card is a potential winner. Literally tens of thousands of prizes will be given away. Mr. Goodwrench will also give you a book of cash-saver coupons good for discounts on many of his automotive services. Just ask your participating Mr. Goodwrench dealer.*



No Purchase Necessary

Win a trip for two to Hawaii. Manhattan. The Bahamas. Or the Virgin Islands. Roundtrip airfare and hotel included. Get entry blanks from your participating Mr. Goodwrench dealer. Enter now! Sweepstakes entries and Instant Winner prize claims must be received by January 15, 1988.*
*Licensed drivers 18 and over. Void where prohibited.

GM QUALITY SERVICE PARTS
GENERAL MOTORS CORPORATION

Mr. Goodwrench

Chevrolet • Pontiac • Oldsmobile • Buick • Cadillac • GMC Truck

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The Rabbits Died.

Now you and your old fuzzy bunnies can, you might say, rest in peace.

Because there's a much better way to keep your feet, and the rest of you, warm and cozy.

It's the P.M. Personal Monitoring System. An extraordinary system of body responsive heat found only in Sunbeam P.M. System automatic blankets, BedWarmer mattress pads and portable throws. If your feet are cold, the P.M. System knows. It automatically senses and responds to changes in body, bed and room temperatures. Sending more warmth where it's needed. Less where it isn't. That's why the P.M. System is said to have a "brain."



P.M. System Blanket

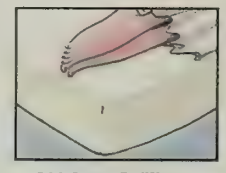
In the bedroom, these "Blankets and BedWarmers with a Brain" provide comfortable warmth all night long. They even prewarm your bed so you never have to climb into cold sheets.



Cuddle-Up Heated Throw

And to keep you warm anywhere else around the house, try the new Cuddle-Up Heated Throw. It's as versatile and cuddly as an afghan, but unique because you can select your own level of warmth.

All P.M. System products are soft, warm and completely washable. They are made to be cuddled up with, sat on, tucked in and wrapped around you while still maintaining perfectly balanced warmth.



P.M. System BedWarmer

So, if you want to stay warm and comfortable, in and out of the bedroom, hop to it and ask for the Sunbeam P.M. System. It will be the end of cold feet. And the beginning of overall personalized comfort.

Sunbeam

For more information, write Sunbeam P.M. System, P.O. Box 59266, Chicago, IL 60659. ®Sunbeam, Blanket with a Brain. ™BedWarmer, Cuddle-Up, P.M. Personal Monitoring. Manufactured by Northern Electric Company. ©1987 Northern Electric Company.

continued from page 48

five (six, without bucket seats) inside an aerodynamic body with flush glass, grilleless nose, and pleasing rounded lines. The ride is firm, controlled, and comfortable. The responsive steering has just enough road feel to let you know what's happening beneath the front wheels. The interior is subtly restrained—though there's a little too much imitation wood.

The standard engine is a four-cylinder of moderate (90) horsepower. Two optional V-6 power plants are rated at 140 horsepower each. One—brand-new this year—has more low-speed torque designed into it for improved acceleration.

Engine: 2.5-liter 4-cylinder, 3.0-liter V-6, 3.8-liter V-6; 90 hp at 4,400 rpm, 140 at 4,800 rpm, 140 at 3,800 rpm; transmission: 5-speed, 3-speed automatic, 4-speed automatic; wheelbase: 106.0 in.; $11,076 (1987).



DODGE DYNASTY

Their best full-size car ever

The all-new Dynasty is the best riding, driving, and handling full-size family car Dodge has ever offered—and a good value for the dollar. Its styling, although new, is more like the contemporary look of GM than the dramatic, aero-look of Taurus.

In base trim, the Dynasty has a very definite luxury look and feel. The standard "velvet" upholstery looks like an extra-cost option. An AM/FM stereo radio, authentic-looking vinyl woodgrain instrument panel, cup holders, and power steering and brakes are included in the basic package.

The base 2.5-liter engine drives the front wheels through a three-speed automatic. The Dynasty is a bit underpowered for its 3,000 pounds, but a new 3.0-liter V-6 is available and recommended. The steering has the right amount of road feel to give that "in control" sensation, yet the ride isn't harsh.

Engine: 2.5-liter 4-cylinder, 3.0-liter V-6; horsepower: 96 at 4,800 rpm, 136 at 4,800 rpm; transmission: 3-speed automatic; wheelbase: 104.3 in.; base price: $11,000 (est. 1988); LE (pictured above), $13,000.

PONTIAC BONNEVILLE

Full-size luxury, a European ride

The name has been a part of the U.S. automotive scene for generations, but the name is the only thing this Bonneville shares with its predecessors. This version was introduced last year by General Motors to replace the big, rear-drive Parisienne that had been the full-size representative in Pontiac's line of automobiles.

The big surprise in this replacement for the old Parisienne/Bonneville was an all-new approach to ride and handling. It should appeal to the family that liked the Taurus and Sable, but it also competes with Audi, BMW, Saab, and Volvo fans.



continued on page 52



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Send a celebration worth SHOUTING about.

Brother Rice hasn't spoken a word in 20 years. And that's why he's celebrating with a new FTD® Celebrate!™ Bouquet. The beautiful flowers, colorful bowl and fun box make it a celebration anyone will shout about.

©1987 FTDA ®TM Trademarks of FTDA.

Ask your florist to send one FTD.

NEW-AGE FAMILY CARS

continued from page 51

Pontiac could well succeed. The new Bonneville has very Europeanlike driving characteristics: the ride is taut, thoroughly lacking the bouncy, swaying ride of years back, and the steering is responsive.

Sporty-looking analog dials and gauges fill the handsome instrument panel, and a second set of controls for the radio is nestled conveniently in the center of the steering wheel.

The base Bonneville, the LE (pictured), is quite well equipped, and the SE and the new-for-'87 SSE offer even more features. A 150-horsepower V-6 is the standard engine. A new "3800" V-6 with 165-horsepower is standard with the SSE package and available on the SE model. Antilock braking is also standard on the SSE, which handles much like a sports sedan, thanks to its Road Car Suspension.

Engine: 3.8-liter V-6; horsepower: 150 at 4,400, 165 at 5,200; transmission: 4-speed automatic; wheelbase: 110.8 in.; base price: $13,874 (1987).



BUICK ELECTRA

Full-size and genteel

Here's a prime example of what the full-size American family car has become—truly spacious inside, yet not huge overall, with a lightweight V-6 engine, electronic systems, and four-speed automatic overdrive to maximize power and fuel efficiency. Its soft seats and ride, plus effortless handling, lend an air of unruffled gentility.

The basic Electra is thoroughly equipped, but the Electra Park Avenue (pictured) offers more equipment and more luxury (up to $23,000 or so).

Engine: 3.8-liter V-6; horsepower: 150 at 4,400; transmission: 4-speed automatic; wheelbase: 110.8 in.; EPA city/highway: 18/27; base price: $16,902 (1987).

LOW-COST LIFE INSURANCE

FINDING THE BEST DEALS BY PHONE

Term life is the least expensive insurance protection available these days—a boon, especially for young families facing lots of expenses in the years to come. But term insurance premiums vary considerably, even among companies that provide the same basic coverage.

How can you shop for the best rates? You don't have to wade through lots of unfamiliar research or rely on the advice of an agent whose income comes from commissions. A better way is to consult an agency that has nothing to sell except information. Insurance Information, Inc. (III), in Lowell, Massachusetts (1-800/472-5800), provides just that. For $50 III will send you a list of the five least expensive policies available for your age, sex, and basic state of health (for example, whether or not you smoke).

The printout that the company mails you includes the A.M. Best ratings of the companies; most are ranked A or A+ for financial soundness.

If the selection doesn't save you at least $50 from any present policy you have, III will waive the $50 charge.

III's confidential service is completely objective—to our knowledge, it's the only company of its kind in the country. It has no tie-ins with insurance companies. No agent will call or write so you can decide for yourself whether or not to follow up on the information.

Other phone-in services

Companies such as Select Quote, in San Francisco (1-800/343-1985), provide similar insurance information for no fee. However, these services are really brokers—a fact they should make clear if you ask.

Select Quote, for example, offers a choice among several policies, most sold by A or A+ companies. And despite their commission arrangement Select Quote staff is instructed not to direct you to one policy over another. Nor will they pressure you to purchase other products later on.

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GARDENER'S LOG

By Douglas A. Jimerson and Jane Austin McKeon

FEED THE BIRDS DINNER ON THE FLY

A feast for your eyes



PETER KRUMHARDT

Catering to a cedar waxwing.

Nature's feathered creatures will flock to your yard this winter if you offer them a tempting bill of fare. Follow these tips to be a good host to birds.

- **Use a top-quality** wild birdseed mix that contains sunflower seeds, oats, millet, and yellow corn.
- **Locate feeders** close to trees or shrubs. Birds feel more secure if they have an escape perch nearby.
- **Vary heights** of feeders to cater to the dining habits of different birds. Place food on ground level, at tabletop height, in hanging feeders, and against tree trunks.
- **Restock feeders** often to ensure repeat visits from your avian diners.



PHOTOGRAPH: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

Tulips require little coaxing to flower early indoors.

POT SOME SPRING BULBS

For wintertime blooms

Your favorite bulbs, such as tulips, daffodils, crocuses, and hyacinths, can be rushed into early bloom if you pot them this month. For flowers all winter, plant bulbs at one-week intervals and follow these directions.

- **Select a pot** with drainage holes that is at least twice as tall as your bulbs. Fill the pot half full with potting soil.
- **Place bulbs** close together in the pot, but don't let them touch each other or the sides of the pot. The growing tips of the bulbs should be even with the top of the pot.
- **Cover bulbs** with soil and gently tamp down with your hands. Water thoroughly.
- **Place pot** in a cool (38 to 50 degrees F.), dark location for 13 to 16 weeks. Keep the soil moist.
- **Move pot indoors** when stems are an inch or two tall.

NEW AND IMPROVED HOUSEPLANT

A compact dieffenbachia



PHOTOGRAPH: MARIS/SEMEL. FIELD EDITOR: BONNIE MAHARAM

Rebecca dieffenbachia.

Bright variegated leaves adorn the new Rebecca dieffenbachia. Unlike other dieffenbachias, Rebecca stays bushy and compact. To order a 3-inch potted plant, send a check or money order for $6 to: *Better Homes and Gardens* Reader Service, Box 374, Dept. 22M, Des Moines, IA 50336. Specify number 09203.

NEW EVIDENCE

Contrary to popular belief, no part of the poinsettia plant is poisonous if eaten. Even so, "the safest course is to assume no plants are edible except those grown or sold as food," says the American Association of Nurserymen.

READER MAILBOX

Do you have any gardening tips and techniques that you'd like to share with our editors and *Better Homes and Gardens* readers? Mail your garden-tested tips and photographs (color slides preferred) to Gardener's Log, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50336. We will pay $25 for each idea published. No materials will be acknowledged, and we reserve the right to edit copy. If your tip is purchased, you give Meredith Corporation the right to use it in any manner and for as long as the corporation wishes. We do not accept previously published ideas.



Fisher-Price toys are tested by experts.



Some of our experts are too young to file a report. No problem. We simply watch them at play in our own Fisher-Price Nursery School. While they play, we learn.

We learn what grabs their attention and what keeps them fascinated. We know a smile on a toy makes them smile back. And when a toy cow says "moo," young children do, too.

Of course, we consult grown-up experts, too. Including thousands of parents. But the final OK for every Fisher-Price toy comes from experts like the one you see here.



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For any questions about your residence long distance service, just call 1-800-222-0300. We're there anytime, day or night, so you can rest a little easier.

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SPECIAL SECTION

15-PAGE SECTION OF HEALTH AND FITNESS

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HEALTH UPDATE

NEWS AND IDEAS FOR YOU AND YOUR FAMILY

By Paul Krantz

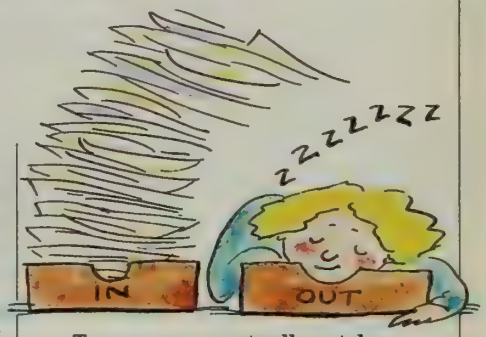
BEAT PROCRASTINATION!

Although a certain amount of procrastination is normal, the practice can create big problems. If you find yourself at odds with deadlines, try these tips from Dr. Schwartz:

- Set your watch 15 minutes ahead.
- Post notes in prominent places.
- Break big projects into little bites.
- If procrastination interferes with your life, seek professional help.
- Perfection is rarely required. Good enough is usually good enough.

DON'T WAIT!

Read this right now!



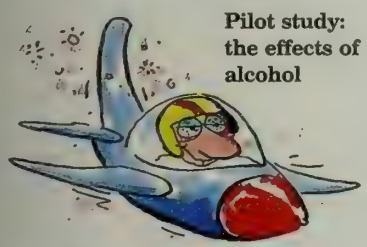
Tomorrows eventually catch up

Why do some of us wait until the last moment to get our work done? Stephen L. Schwartz, M.D., an associate psychiatry professor at Jefferson Medical College lists four reasons we procrastinate:

1. Anger and resentment. Neglecting your work may be a way of letting your boss know you feel overburdened.
2. Fear. You may be postponing what you expect to be failure or rejection.
3. A need to feel in control. You may be trying to undermine someone else's control over a situation.
4. Depression. The fatigue of depression can keep you from getting things done.

HANGOVERS DO HANG OVER

They last longer than we know



Pilot study: the effects of alcohol

ILLUSTRATIONS: STEVE BJORKMAN

Sleeping it off may not be enough, according to Jerome A. Yesavage, M.D., and his colleagues at Stanford University School of Medicine. The researchers measured the skill of 10 Navy pilots on a flight simulator before and after the pilots drank enough to raise their blood alcohol levels to 0.1 percent, legally drunk in most states.

The upshot? Even after their blood alcohol dropped to normal, the pilots' performance suffered.

A BIG COMEBACK

Old treatment gets new leech on life



Leeches are aiding surgeons

Yes, that slimy little bloodsucker is finally getting the medical respect it deserves. Live leeches are helping surgeons reattach severed limbs or fingers, says Rudy Rosenburg of Leeches U.S.A., of Westbury, N.Y., sole American supplier of the critters.

After reattaching the limb or finger, the surgeon puts several leeches on the wound. The leeches, in a painless process, inject a substance that dissolves the blood clots that keep blood from getting to the reattached part.

A BRAND-NEW AFFLICTION

'Joystick digit' strikes gamesters

A pair of teenage video gamesters found themselves unable to straighten one finger, report three physicians at The Children's Hospital of Philadelphia: A. Lee Osterman, Paul Weinberg, and Gary Miller. Both boys reported spending up to six hours a day using joysticks. Also, both boys controlled the stick with the inner surface of one ring finger. Constant pressure on the middle joint of the finger apparently caused the problems.

The cure? A joystick layoff relieved one sufferer. The other player added a foam pad to the stick.

continued on page 64

Introducing a new dessert,



a new snack,



and a new breakfast pastry.



No matter when you enjoy it, the new Apple Sweet Roll is the ultimate sweet treat. Juicy chunks of cinnamon spiced apple, wrapped in a flakey pastry and laced with creamy white icing.

As convenient to tote as the apple it's made from, this sweet roll is indulgence at your fingertips.

It's one treat that satisfies your sweet tooth all day and night long. A delicious dessert. A sweet midday snack. Even a fruity breakfast pastry.



When it comes to fruity delights, Weight Watchers gives you the pick of the crop.

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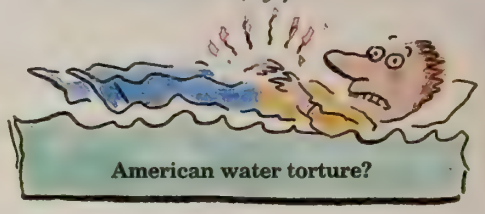
Weight Watchers®
This is living!

HEALTH UPDATE

continued from page 63

WATER BED ALERT

Your stomach may feel the heat



American water torture?

Water may not be the best thing to put out a fire. Especially if the water is in a water bed and the "fire" is a nasty case of heartburn.

Martin S. Kleinman, M.D., a gastroenterologist with the University of Rochester School of Medicine and Dentistry, noticed that many of his patients with severe nighttime heartburn owned water beds. Dr. Kleinman and co-worker George B. Plain studied the records of patients with inflammation of the esophagus (the tube connecting the throat with the stomach). The researchers found a link between water bed ownership and the heartburn-causing inflammation.

The researchers suspect that, in some people, sleeping on a water bed may allow stomach acid to leak up into the esophagus, causing the painful symptoms.

BONE REGISTRY

New donor list

There is new hope for people who need bone marrow transplants to cure life-threatening blood disorders. The Caitlin Raymond International Registry of Bone Marrow Donor Banks includes donors representing over 300,000 tissue types.

The success of the transplants depends on a close tissue match between donor and recipient. That's why doctors prefer donors who are related to the patient. When a relative isn't available, the newly formed Registry becomes a last hope.



A bank that saves

For more information, write: The Caitlin Raymond International Registry of Bone Marrow Donor Banks, University of Massachusetts Medical Center, 55 Lake Ave. North, Dept. BHG, Worcester, MA 01605.

IT PAYS TO SHOP FOR A DOC

Fees vary dramatically

Shopping around can pay off in lower medical fees, according to a report by the Maryland Attorney General's staff. For instance, the cost of a hernia operation in the Baltimore area ranged from $450 to $1,030. Foot X-rays varied from $25 to $60. For a free copy of "Health Care Shopper's Guide," write: Doctors Fees, 300 Munsey Building, Baltimore, MD 21202.

continued on page 66

Ruth Greene, RN
Boone, North Carolina

"I'm a nurse in the O.B. nursery section. I used to hate the thought of holding babies with my rough, chapped hands. My skin truly suffered from constant washing with institutional soap. Curél is the best lotion I've used. I love it. It really did end my dry skin."





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Most women agree...
Curél ends dry skin.

Curél

continued from page 64

JOGGING BEATS DIETS

Over the long run, exercise is better

You'll lose weight faster on a diet than on an exercise program, but exercise is a better way to keep the weight off. That's the finding of the Stanford Center for Research in Disease Prevention.



Fill your plate, and run!

A group of dieters lost more weight at first than a group of exercisers, but then gained some back. Although both the dieters and exercisers in the study ended up losing the same amount of weight, the exercisers had less of the artery-clogging LDL-cholesterol and more of the artery-cleansing HDL-cholesterol in their blood.

A final benefit: The joggers could eat more than the dieters while maintaining the same weight.

FREE EMERGENCY INFORMATION KIT

Answers to common questions

What should you keep in your medicine cabinet? How do you treat a sprained ankle? What should you do if your child is poisoned? The answers to these and other questions are in a free kit from the American College of Emergency Physicians. Medical history forms and emergency information stickers are included, too.

To receive you free kit, send a *postcard only* to: HOME Emergency Folder, Communications Dept., McNeil Consumer Products Co., Camp Hill Rd., Fort Washington, PA 19034.

QUICK STREP TEST

Rapid diagnosis a boon



Strep throat can lead to rheumatic fever, make you feel terrible, and spread easily to other people. Using a new test, doctors can diagnose adults with strep throat in seven to 10 minutes, say researchers at the Medical College of Virginia in Richmond. Doctors using conventional culture tests must wait 24 to 48 hours for results.

In today's world of working families, a quick test is a big plus. Treatment can start immediately so the infectious period is shorter, and doctors can be sure of their diagnosis before prescribing antibiotics.

The test may not be as accurate in children, however. A child with a negative rapid test should still have a culture test. Youngsters have a higher risk of rheumatic fever than adults, so treatment is important.



Which has the most fiber?

We'll give you a little hint. The fruit with the most fiber isn't a banana. Or an apple. Or an orange, a peach or a pear.

It's the humble prune. Which has more dietary fiber than almost any fruit— or any food—you can name.

To get the same dietary fiber as a serving of six prunes,



you'd have to eat four slices of whole wheat bread. Or six peaches. Or three apples. Or two and a half bowls of bran flakes.

And prunes don't just have fiber. They're one of the richest sources of potassium, and a good source of Vitamin A. With no fat, no cholesterol, almost no sodium, and a delicious, one-of-a-kind taste.

All of which makes prunes one of the most nutritious fruits you can buy.



One way to serve your family prunes is at breakfast. They're delicious stewed, with a cinnamon stick and a slice of lemon. You'll find more helpful serving suggestions in our free brochure. For your copy, write to Prune Ideas, P. O. Box 882168, San Francisco, CA 94188-2168.

So if you're looking for a sweet way to get more fiber in your diet, try California prunes.

Proof, once again, that good things come in small packages.

Prunes. The high fiber fruit.

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HAPPY TO BE HERE

HOW I SURVIVED A HEART ATTACK

By John Karras

Editor's note: To those who know John Karras, the news of his heart attack was unbelievable. His experience has cured a lot of friends and acquaintances of saying, "It couldn't happen to me."



ANN KARRAS

An avid biker, John had no risk factors.

Feeling good, feeling strong

Last July 11, a hot, muggy Saturday, I felt the strongest I'd been all season on my bicycle. I was charging hills like a teenager, exulting in pure animal energy.

The afternoon of the same day, I lay with a respirator tube in my throat and a tangle of tubes and wires inserted in and attached to my body in the intensive care cardiac unit of Mercy Hospital in Des Moines, Iowa.

A most unlikely candidate even at the vulnerable age of 57, I had suffered a heart attack.

A picture of health

I say my heart attack was unlikely because I had none of the usual risk factors: diabetes, high blood pressure, high cholesterol, or high triglycerides.

In addition, for years I'd been a physical fitness nut. I cycle between 2,000 and 4,000 miles in the biking season, and jog and walk faithfully in winter. I ran a marathon in 1977.

On the minus side, I used nicotine in one form or another—cigarettes, pipe tobacco, snuff, nicotine chewing gum—for more than 40 years. Although I quit four years ago, the habit probably contributed to the heart disease.

The cardiologist said my problem most likely was that I'd failed to choose my parents wisely.

—John Karras is a newspaper columnist and a long-time contributor to Better Homes and Gardens® *magazine.*

ARE YOU HAVING A HEART ATTACK?

Strenuous activity, like John Karras's hard-driving biking, precedes many heart attacks. A large meal or emotional stress can also trigger attacks. John had many of the most common symptoms of a heart attack:

- Pain radiating from the chest to the left shoulder, left arm, jaw, or neck
- Weakness, shortness of breath
- Sweating, paleness

But he didn't experience the most common signal:

- A crushing or bursting feeling deep within the chest lasting two minutes or more; the pain can range from slight to excruciating

Other warning signs:

- Nausea, dizziness, fainting
- A feeling of impending doom
- Angina (heart pain) that isn't relieved within 10 minutes of taking three nitroglycerine pills

If you have any of these symptoms, call for an ambulance or have someone drive you to an emergency room.

Many heart attacks have been mistaken for indigestion. If you have any doubts about the cause of your distress, call a doctor immediately.

A 'classic' heart attack

Six of us had set out that fateful morning on a bicycle path that runs about 20 miles along the Des Moines River north of the city. Reaching the end of the path, we stopped at a convenience store for drinks and snacks.

It was as we left the shop that I felt the first of several "classic" symptoms of heart attack. I'd drunk a bottle of soda pop, and it left me with an ache deep in my throat. It was a pain that I'd felt often after drinking something very cold too fast. I learned much later that such an ache in the throat is often a symptom of a heart attack.

At the same time, my left shoulder joint began to ache. I thought nothing of that, because I've had chronic pain in my left shoulder for several years, the result of a weight-lifting injury.

My problems, however, quickly grew worse. The shoulder pain persisted and became more intense. I began to feel lousier and lousier. There is no other word to describe it. Just a general feeling of lousiness, and of weakness.

The pain spreads

I found myself struggling up the gentlest of inclines. I soon became separated from my companions. I learned later that they had stopped at a visitor center for water, and I rode on by.

Now the pain in my shoulder joint had spread generally through the left shoulder, and down the left arm into the bicep. Yes, it occurred to me, although I didn't really believe it: "My God, am I having a heart attack?"

Growing weaker and weaker, I stopped once in confusion and despair to sit and rest, then got back on the bike

continued on page 71

Some women call it "feminine itching." Your doctor calls it vaginitis.

Whatever you call it, the relief is Massengill.®

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Nothing works better than Massengill Medicated for relief of vaginitis. Massengill has Cepticin*, the most effective medicine you can buy in a douche. Many doctors recommend this medicine for feminine itching and irritation. And Massengill has more medicine than any other brand. Use it for seven days—it's safe, gentle and effective. The same effective medicine is also available in Massengill Medicated Liquid Concentrate, if you prefer to mix your own douche solution.

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Individually wrapped pads in a convenient, drawstring bag. Protection you can trust.

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Introducing new OVERNITES from KOTEX®



HAPPY TO BE HERE

continued from page 68

and continued on down a hill and into a recreation area.

When my morning companions finally caught up with me, I told them I had to stop for a while, that I felt truly terrible, and hoped against hope that I wasn't having a heart attack. I lay down in the shade. I soon knew I was in real distress.

My lucky day

Looking back on my experience, I realize I had a run of incredibly good luck that day.

Stroke of Luck No. 1: No time lost. One of my companions had parked his car only five minutes away by bike. He went for it and was back in 15 minutes.

Stroke of Luck No. 2: Nearby care. We were only 15 minutes by car from Mercy Hospital in Des Moines, which has one of the best cardiac units in the Midwest, if not the entire nation.

Stroke of Luck No. 3: Rapid diagnosis. The emergency room doctor, Donna Levy, took one look at me and diagnosed the problem. Any delay at this point could have been fatal. The cardiologist who treated me, Dr. Robert Kreamer, must have been just outside the door, because Levy went to get him and returned with him almost immediately.

My first electrocardiogram readout was perfectly normal. Kreamer then recommended an angiogram, the only sure way to discover a blockage of the coronary arteries. The doctors injected a dye into my heart arteries, then took a series of X-ray pictures.

Stroke of Luck No. 4: New treatment. The angiogram showed that the cause of my heart attack was a total blockage of one of the arteries that supply blood to the heart muscle. The doctor opened the blockage using a relatively new procedure called balloon angioplasty. A balloon the size of a pencil point is threaded into the artery, then inflated. The balloon flattens the blocking material against the artery wall, opening the way for blood to flow once again.

Stroke of Luck No. 5: No permanent damage. The procedure was performed soon enough after those first symptoms occurred that I suffered no permanent heart damage.

Back in the saddle

As soon as I got out of the hospital, my doctor had me started on a very moderate walking program—1,000 steps out and back. A week later, with my doctor's OK, I cautiously climbed aboard a stationary bike.

Six weeks later, I was even more cautious as I climbed aboard my bicycle and pedaled down the street. Today, I can do anything I want in the way of exercise, provided I take it easy. I'm expecting a full recovery eventually.

Anger first, then relief

My first reaction to learning that I had suffered a heart attack was anger, followed by dismay and disbelief.

Still, I couldn't have been luckier. Sunrises now look brand new to me, and when I tell people that I'm glad to be here, I really mean it.

As Kreamer puts it, "In 40 percent of the cases, the first symptom of heart disease is death."

Sobering words, those.

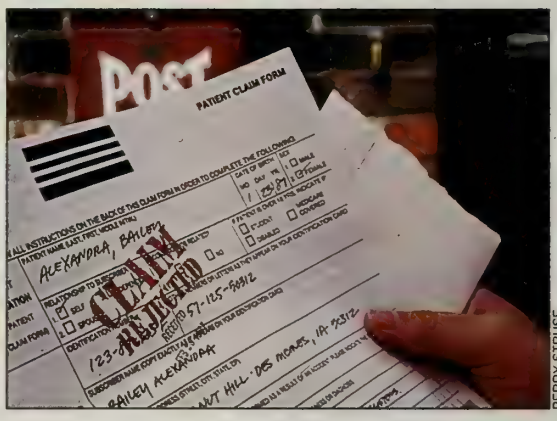


WHAT TO DO WHEN HEALTH INSURANCE WON'T PAY

By Phillip Godwin

PERSISTENCE PAYS

Born deaf, Jason Sullivan was 4 years old when he received a cochlear implant—a surgically inserted device that gives him a hearinglike sensation. When the family's insurance company called the implant "experimental" and refused to pay, the Sullivans fought back. It took two years, but several letters to the insurance company—and some help from his doctors and from 3M Co., which makes the device—finally led to payment. The amount recouped: $5,000.



PERRY STRUSE

Government and private insurance plans are rejecting more claims than ever before. Here's what to do when you're told "No."

A GROWING PROBLEM

In 1986, Medicare was denying home health care claims at three times the 1983 rate. Private insurers are following the trend, according to experts, although exact figures are hard to amass.

Insurers often deny coverage for:

- Experimental treatments.
- Treatments that are not "medically necessary" for an injury or illness.
- Staying in the hospital too long. Some experts say that Medicare encourages hospitals to discharge patients too quickly by limiting the amount it will pay for each ailment.

These limitations discourage fraudulent claims. But they also block some rightful claims. You have every right to fight for the most coverage from your insurance dollar. But bear in mind that getting your money may take months or even years. There are organizations that can help you fight a denied claim, but be sure to check out the firm's reputation before you pay any fees.

Here's how to plead your case against three types of health insurance.

PRIVATE INSURANCE

"Affectionately" known as the Blues, Blue Cross and Blue Shield are the most widely available private insurance plans. Many other plans are provided by private companies. Most health insurance, within limits, covers medical expenses regardless of which doctor provides them. In most plans, however, experimental treatments and those not deemed "medically necessary," are commonly denied coverage. The problem is that both "medical necessity" and "experimental" are vague standards, subject to case-by-case interpretation by each insurance company.

To appeal when "medical necessity" is in question:

1. Ask your employer's benefits planner or your agent to explain your plan's definition of "medically necessary."
2. Ask your doctor why your treatment was based on medical necessity.
3. Have your agent or benefits planner help you contact plan officials.
4. If your claim is still denied, ask a lawyer about possible legal action.

If the insurer labels the treatment "experimental":

1. Ask your doctor to show why your treatment is no longer experimental.
2. Ask the maker of any breakthrough treatment device to help you prove that the device is not experimental.

WHERE DO YOU START?

No matter what type of health insurance plan you have, it makes good sense to be prepared early to defend your claim. Here's how to protect your rights when a dispute arises:

- ☐ Once you're notified of a denial, check over all the paperwork for errors, including clerical and mathematical errors. A simple letter from you to your insurance company may clear these problems up quickly.
- ☐ Have your doctor or nurse explain items you don't understand.
- ☐ Ask for your doctor's support. Many denials by insurance companies are impossible to contest without your doctor's active help.
- ☐ If the problem involves medical interpretation, ask your doctor for a written explanation and send it to your plan administrator.
- ☐ Take thorough notes about all phone calls or meetings.
- ☐ Put your policy and claim numbers on all correspondence.
- ☐ Keep copies of all correspondence and paperwork you send.

HEALTH MAINTENANCE ORGANIZATIONS

HMOs are groups of doctors who, for a set fee, provide you with medical care. Treatment by doctors outside the HMO may not be covered. Most HMOs require that you be referred to any outside care by your HMO doctor.

If your HMO refuses to cover non-HMO care:

1. Sit down with a patient representative and try to work out your grievance.

continued on page 74

—Phillip Godwin is a Virginia-based free-lance writer who specializes in medical topics.


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continued from page 72

2. If your first informal appeal is unsuccessful, try another doctor in your HMO, who may be more willing to refer your case to an outside expert.

3. If you need urgent care out of town, note the time and nature of any calls to your HMO, even if you are unable to reach your plan representative. In all cases, get the name, address, and phone number of any non-HMO doctor who treats you in the event that you need support for a claim.

MEDICARE

Anyone aged 65 or older and eligible for social security retirement benefits receives coverage for hospital stays. (Such Part A coverage, as it's called, applies in other cases, too.) Medicare has a system (called DRGs or diagnosis-related groups) that pays hospitals a set amount for treating each diagnosed illness. Hospitals that discharge promptly can pocket any savings.

If you think your hospital is discharging you too early, act fast:

1. Demand to see a "Notice of Non-Coverage" from the hospital.

2. Ask immediately for a review of your case by the hospital PRO (peer review organization) committee. If you lose, request reconsideration by another PRO physician reviewer.

3. If you choose to stay in the hospital (at your own expense) and your bill for extra time equals $200 or more, you can appeal to a special court.

4. If the amount is $2,000 or more, ask your attorney whether you should sue in a federal court.

Seniors' centers and similar groups can also offer help and guidance.

To appeal most Medicare claims:

1. Ask for a claim review. Get the forms at a local social security office.

2. If your initial review fails, and more than $100 is involved, you're entitled to a hearing before an administrative law judge (for Part A claims) or an informal hearing (for Part B claims). For informal hearings, you don't need a lawyer.

3. Still not satisfied? You can appeal to the Appeals Council of the Social Security Administration.

4. As a last resort, a lawyer can help you sue in a federal court if more than $1,000 is in dispute.

A DOCTOR'S HELP

Dr. Marc Goldstein, Director of Male Reproduction and Urologic Microsurgery at New York Hospital-Cornell Medical Center, treated a 34-year-old man for infertility. The man's insurance company denied the claim, stating that such treatment is not "medically necessary."

Dr. Goldstein wrote several letters to the insurance company, emphasizing that the fertility problem he corrected was the result of a blockage caused by an infection. After two years of correspondence, the company paid the claim. The amount recouped: $6,000.

FOR MORE INFORMATION

- *Payment Refused*, William M. Shernoff (Richardson and Steirman, Inc.)
- *Your Guide to Medicare and Related Issues.* Send $2 to Medicare Advocacy Project, Inc., 714 W. Olympic Blvd., Suite No. 745, Los Angeles, CA 90015
- Three booklets are available from social security offices: "Your Medicare Handbook," "Your Right to Appeal Decisions on Hospital Insurance Claims," and "Your Right to Appeal Your Medical Insurance Payment."



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IS PERFECTIONISM KILLING YOUR KID?

By Mary Conroy

When we say, "Practice makes perfect," most of us just want our children to learn the work ethic. But sometimes the slogan backfires, and perfectionism pressures children into a never-ending rat race. Still, careful parents can keep stress from stealing childhood.



PERRY STRUSE

Pressures to perform start early.

From As to anorexia

When grade school teachers gave her As, Hathi Blackman thought, "I really don't deserve these grades; I should have done better." When she started tennis lessons, she thought Wimbledon was the logical next step. She was just as driven in dieting: at 16, she became an anorexic, and spent the next five years striving for the perfect body.

Now 30, Hathi looks back on those years with regret. "If your quest is always to be better, then you're never good enough," she says. "I didn't want to live any more. My life was a prison."

Driven by fear

Not all perfectionists are as compulsive as Hathi; some limit their perfectionism to one field, such as music. All perfectionists share one trait, though: no matter how well they do, they're dissatisfied with themselves. Their drive isn't prompted by ambition, but by fear of rejection.

Children who are perfectionists fear losing their parents' love if they don't do well, says Chicago child psychologist Colette Davison. They think that unless everyone else approves of them, they must be worthless, agrees Dr. Susan Forman, professor of psychology at the University of South Carolina. As a result, they're forever straining to please others.

IS YOUR CHILD A PERFECTIONIST?

Not all perfectionists are alike, but they're apt to share some symptoms:

- **Extreme concern about appearance.** Even very young children get irate when their hair won't behave.
- **Work avoidance.** Perfectionists think that if they don't attempt a task, they can't fail at it. Children who don't do well in sports may skip gym class. They may even drop out of school.
- **Dawdling.** Some children start projects, but work so slowly that any creativity is lost. Others dawdle on easy tasks to avoid tasks they fear.
- **Jealousy.** Thinking that everyone else is perfect, they envy others.
- **Procrastination.** By postponing projects, they hope to avoid failure.
- **Test anxiety.** Some children fear actual failure; others fear what they view as failure, even if it's an A minus.
- **Drive to succeed in unlikely areas.** A child who stutters, say, may want to be a radio announcer.
- **Low tolerance for mistakes.** A girl who wins a race may only notice that she didn't set any records.

What causes perfectionism?

Most experts agree that children learn perfectionism from adults. "You see parents pass on perfectionism to tiny children," Davison says. "Rather than just letting them play with blocks, the parent interferes to get them to make something that looks good."

Some small degree of perfectionism is actually a healthy motivator, she says. But some parents have unrealistic expectations for their child. They hang alphabet flash cards around the child's bed, or insist that the child learn a new piano piece every day. They live through their child, experiencing the child's success as their own.

Other parents pass on perfectionism unconsciously. They're never happy with their own work, or they apologize when they don't do everything right.

Children also learn perfectionism from teachers who constantly praise the best students in the class. As a result, the child learns that the way to get attention is by being perfect.

Who is at risk?

Oldest children are particularly vulnerable to perfectionism, says Dr. Katharine Kersey, chair of the Child Study Department at Old Dominion University. With no older siblings for models, they compare themselves to their parents. This sets up a standard that they just can't match. In time, these children assume that unreachable goals are a part of life.

Children of alcoholics and workaholics also develop perfectionism as a coping strategy. By avoiding mistakes, they hope to avoid their parent's wrath.

continued on page 78

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continued from page 76

What happens to perfectionists?

Perfectionism takes a heavy toll. Obsessed with school, some children drive themselves unmercifully, even when they're already earning top grades. Type A behavior—a competitive, workaholic attitude—keeps them in constant tension. They find it impossible to relax even away from school, because every game becomes a testing ground.

All this emphasis on achievement makes children one-dimensional, says Dr. Michael Frey, coordinator of child psychiatry services at Lutheran General Hospital in Park Ridge, Illinois. Overemphasizing one field leaves no time for other interests. Davison says that children who aren't given the opportunity to develop social skills may become shy or withdrawn, afraid that any social blunders will repel friends.



Some parents pass on perfectionism unconsciously.

In adolescence, the one-dimensional child becomes even more compulsive. Anorexia and bulimia plague teens who never feel thin enough. Studies at the University of Maryland indicate that students obsessed with grades may cheat to ensure their success.

These young people feel a frustration that won't let up. Keenly disappointed in themselves, they think that they're letting others down. When they get no relief, some run away to escape the feeling. In extreme cases, suicide becomes an attractive way out.

What can parents do?

Perfectionists can be helped. They'll show more improvement if you support them in these ways:

- **Recognize your own perfectionism.** You may fear that relaxing standards will make your child's performance deteriorate. But psychologist Davison says that perfectionism actually interferes with achievement instead of improving it.
- **Show a healthy attitude toward your own mistakes.** Next time you foul up, brush it off. Don't apologize.
- **Use a sense of humor.** Laugh at your mistakes, and teach your child to do so. Look for chances to laugh that won't hurt the child's feelings. A budding track star can laugh more easily about messy hair than a lost race.
- **Encourage your child to try new ventures.** Old Dominion's Kersey recommends such noncompetitive activities as canoeing and tobogganing, where it pays to both give and receive help. Children also learn to take risks when they see you try something new.
- **Let your children know you love them, not their grades.** "A person is more than the mark they get on a paper every day," Frey says.
- **Praise effort, not outcomes.** Recognize your child for attempting, instead of avoiding, tasks.
- **Help your child set realistic goals.** If the youngster does D work, ask for a C next time, instead of an A.
- **Enlist the teacher's help.** Many teachers praise only excellent work, unaware of the stress the child feels. Ask the teacher to recognize your child for finishing work, as well as rewarding good grades.

When professionals can help

When your efforts aren't enough, it's time for outside help. If you are a perfectionist, your child will progress more quickly if you seek counseling together.



Perfectionists think they're letting other people down.

Not all children need family treatment, though. Professional help may come in one of these forms:

- **Stress reduction programs.** "Stress reduction should start as early—and be as common—as brushing your teeth," says Elinor White, Director of Community Services at Emerson Hospital in Concord, Massachusetts. Such stress reduction approaches as Emerson's "Funtastics" program are frequently used in addition to individual counseling, and teach children positive mental imagery, deep breathing, and muscle relaxation.
- **Family therapy.** Perfectionism doesn't develop in a vacuum. Family therapy allows all members to discuss how perfectionism makes them feel. The process also helps you determine whether you learned perfectionism from your parents, and whether you want to pass it to your children.
- **Individual therapy.** If your child is very shy, or is the only perfectionist at home, individual therapy may be more useful. *Cognitive therapists* help the child unlearn such notions as "If I make a mistake, no one will like me." The therapist may deliberately make a mistake, then ask, "Do you still like me?" *Insight therapists* help the child explore feelings about success and failure. Using play or role-playing, the child learns to express emotions.
- **Medication.** Some children feel completely overwhelmed by anxiety. To help them relax enough to benefit from psychotherapy, a physician may recommend the use of an antianxiety medication for a short time.
- **Support groups.** Relief often comes from sharing feelings with peers. Your child's school may offer support groups. Such organizations as the American Anorexia/Bulimia Association provide self-help groups outside the school setting. Check under "Social Service Organizations" in the Yellow Pages.

Once a perfectionist, always a perfectionist? Not necessarily, Hathi Blackman says. Sometimes perfectionists have to hit rock bottom first, but they can and do change.

"I was sick enough that I really had to change," she says. "But I wanted to get well fast." With professional help and hard work, she found peace. She only regrets waiting so long to change: "The earlier you recognize the problem, the easier it is to work on."

"I'm living, and I enjoy life," she says. "I never knew that life is a joy. Now I know that the best person I can be is me. It's the biggest achievement of my life."

FOR MORE INFORMATION:

Read *Helping Your Child Handle Stress,* by Katharine Kersey (Acropolis, $8.95).

For 4- to 8-year-olds, read *Nobody's Perfect, Not Even My Mother,* by Norma Simon (Whitman, $10.25); and *Alexander and the Terrible, Horrible, No-Good, Very Bad Day,* by Judith Viorst (Macmillan, $2.95). BH&G



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HOW TO PICK A GOOD FAMILY DOCTOR

By Paul Krantz

The time to find a family doctor is before you need one. Here's how to pick the cornerstone of your medical team.



Choosing a doctor doesn't mean taking chances.

Why a family doctor?

There are good reasons for forming an ongoing relationship with a physician. Your family doctor:

- sees you healthy as well as ill, and is likely to spot subtle changes in your health.
- can diagnose a wide range of personal or family medical problems.
- charges less than most emergency rooms or narrow-focus specialists.

Before considering a group practice, make sure you will be assigned to one doctor, says Michael Rooney of the nonprofit People's Medical Society.

"You may have to accept anyone in an emergency," notes Rooney, "but 99 percent of scheduled appointments should be with your primary doctor."

Looking for Dr. Goodbar

There are several places to look for help in finding a family doctor:

- Your present doctor. If you are parting on good terms, ask for a referral.
- Family, friends, and co-workers.
- Local physician referral agencies (in the Yellow Pages under Physicians) provide names of area doctors, although you may simply be getting the next four names on an unscreened list.
- If you belong to an HMO or similar plan, ask a customer representative for a list of the plan's doctors.

What sort of doctor?

Two types of doctors focus almost exclusively on general medical care. **General internists** specialize in treating adult diseases. A **family practitioner** treats adults and children, and has training in counseling, nutrition, and other types of preventive medicine.

Your doctor should be **board certified.** These doctors have passed tough exams and regular reexaminations.

HOW GOOD IS YOUR CARE?

Ask these questions to help you size up your current medical care:

- Does your doctor clearly explain the nature of your problem and the proposed treatment?
- Do you receive complete information about the possible side effects of any medications that your doctor prescribes for you?
- Does your doctor seem to prescribe drugs without looking into the underlying causes of your medical problems?
- Is the doctor's office staff friendly and efficient?
- Does your doctor return your telephone calls promptly?
- Must you wait a long time even when you have an appointment?

Narrowing the list

Phone the offices of your candidates and ask the person who answers:

1. What are your office hours? Can I get help other times?
2. How much will I pay for an initial visit, a regular patient visit, an EKG, and a complete physical?
3. Do you handle insurance paperwork? Do you accept Medicare payments? Do you take credit cards?
4. How long must I wait for routine appointments?
5. What hospitals are your patients admitted to?

Let's get acquainted

Depending on your budget, consider "get acquainted" visits with one or more doctors. Some doctors will visit for free; most charge $20–$60.

Ask the doctor's view of the patient's role in medical care. How much emphasis does he or she place on preventing illness? Will you be able to get answers to nutrition or exercise questions?

Take note of your reactions shortly after leaving the office. Good care depends as much on your feelings about your doctor as on his or her expertise.

For more information

- **The American Academy of Family Physicians,** 1740 W. 92nd St., Kansas City, KS 64114, will send you a list of family doctors in your area. Send a self-addressed, stamped long envelope.
- **"How to choose a doctor"** ($4). To order this eight-page report, write: People's Medical Society, 14 E. Minor St., Emmaus, PA 18049.
- **"Being a Wise Health Care Consumer"** ($4.95) is a 32-page book from American Institute for Preventive Medicine, 19111 W. 10 Mile Rd., Suite 101, Southfield, MI 48075.

—Thanks to Alan R. Nelson, M.D., of the AMA; Robert Taylor, M.D., of the American Academy of Family Physicians; Don Powell, Ph.D., of the American Institute for Preventive Medicine.



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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP

By Gary Legwold

FIRMS 'GET PHYSICAL'

Employee fitness pays off

About 1,200 U.S. companies are "getting physical" in one form or another. Why? According to Marcia Fein, president of the Association for Fitness in Business (AFB) of Stamford, Connecticut, companies believe that fit employees look and feel better, produce more, are absent from work less, and stay with the company longer than unfit employees. And because fitness is in, firms can use their programs as a recruitment tool.

About 400 firms have on-site, structured programs. Another 800 companies support off-site programs.



ILLUSTRATIONS: STEVE BJORKMAN

A cat on the hat may aid joggers.

EXERCISE: FOR THE BIRDS?

How to fend off flying fiends

Plagued by bird attacks while you jog? Dr. Thomas Eisner of Cornell University may have a solution. While on sabbatical in Australia, Dr. Eisner was badgered by magpies guarding their territory. Each time he went by their nesting areas, they swooped down at him.

Eisner knew that birds avoid bugs with eye images on their wings. To fight the feathered friends, he stuck fake eyes on the back of his cap. That and the end of mating season stopped the attacks.

Even so, an eye cap might be worth a try if birds have you on the fly.

—Gary Legwold is a free-lance writer who specializes in covering health, fitness, and medical topics from his home in Minneapolis.



Fitness is fun for all ages.

FAMILY-STYLE FITNESS

Training breeds togetherness

Fitness strengthens family ties if family members support each other without competing, says an Arizona State University researcher.

Dr. Charles B. Corbin offers these start-up tips for a family program:

- Share responsibilities and planning
- Start slowly and keep it fun
- Keep a fitness log

Aim for three times a week, and try the workouts that suit your family best:

- Calisthenics before dinner.
- A family walk, jog, or bike ride. Slower members start early and all members move at their own speed.
- Aerobics and jumping rope to music.
- A family exercise course in the basement or backyard.

Games are fine but scores are not, unless they are family scores, says Corbin. "You're interested mostly in the process—sharing or pulling together—not the product."

EXERCISE AND ATTITUDE

Fitness lifts spirits

A study of elderly people, who often suffer depression, offers strong evidence that exercise can help you hop out of the doldrums.

Researchers at the California School of Professional Psychology-Fresno studied people aged 60–79 for 14 weeks. One group didn't exercise, while the other did calisthenics and then walked or ran three times a week.

Both groups were tested before and after the program. Exercisers had reduced levels of anxiety and depression, and a better image of themselves.



Why the change? Exercisers said their looks had improved, and they felt healthier and more in control of their lives. They also took pride in enjoying activities they once believed were only for the young.

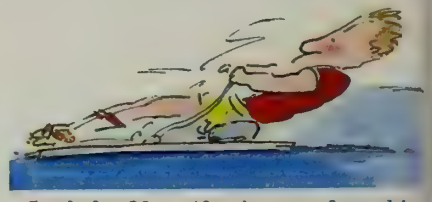
JUDGING A FITNESS CLUB

Look before you leap

In picking a fitness center, "the programs and staff—not the facilities—are what's important," says Dr. Bill Zuti, Cleveland Clinic Foundation's wellness director.

Programs should cover:

- Cardiovascular (aerobic) endurance
- Muscle strength and endurance
- Flexibility and stretching
- Body composition (fat versus muscle)



Look for 20 to 40 minutes of aerobic activity three to five times a week; intensity should be 60–75 percent of your estimated maximum heart rate.

Zuti adds that the staff should include exercise physiologists with college degrees.

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DIET AND HEALTH

By Lynn Hoppe

THE CARROT/ ANTICANCER LINK

Beta carotene

The National Cancer Institute recommends that you include several servings of beta carotene-rich foods each day. Why? Some research suggests that beta carotene, which your body converts to vitamin A, may protect against cancers of the esophagus, larynx, lung, and bladder. To reap the apparent benefits of beta carotene in your own diet, lean toward these foods:

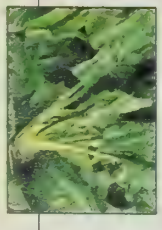
PHOTOGRAPHS: SCOTT LITTLE



YELLOW/ ORANGE VEGETABLES
Includes vegetables such as carrots, sweet potatoes, pumpkin, and winter squash.



YELLOW/ ORANGE FRUITS
Includes fruits such as apricots, cantaloupes, papayas, nectarines, and peaches.



DARK GREEN LEAFY VEGETABLES
Includes broccoli, kale, spinach, romaine, endive, watercress, beets, turnips, and mustard greens.

Pop a vitamin A pill? Not the smartest choice. Because your body converts beta carotene in food to vitamin A in a regulated way, there's no risk of getting too much. Not so with vitamin A, which is toxic at high doses.

MAKE YOURSELF DELI WISE

Nifty tricks for improving a deli meal



Go heavy on vegetables, light on high-fat ingredients.

Chances are, when you pick up a meal at the deli, you also get a heavy helping of calories, fat, and sodium. For instance, a meal of a corned beef sandwich, potato salad, a dill pickle, and a soft drink tallies up to 54 percent of the calories, 80 percent of the fat, 105 percent of the cholesterol, and 138 percent of the sodium that's recommended for a whole day of eating (based on a 2,000-calorie diet)! Do without deli convenience? Not necessarily. Just learn to make deli choices better for you.

WHIP DELI SPECIALTIES INTO SHAPE

- **Request a sandwich made to order**—less meat, hold the high-fat dressing, and pile vegetables between the bread. Or, use the meat from one sandwich to make two sandwiches, layering with vegetables. Order extra bread or make your sandwich open-face. Share with a friend.
- **Go for a roast beef or turkey sandwich**—better choices than high-fat, high-sodium sausages.
- **Instead of a croissant,** choose whole wheat bread, a pita, or a bagel.
- **Does your deli have baked fish or chicken?** They're super choices.
- **Drain off the marinade** from a marinated vegetable salad, three-bean salad, or cole slaw.
- **Choose cole slaw with vinaigrette dressing** instead of creamy cole slaw.
- **Opt for minestrone soup** instead of clam chowder.
- **At home, stretch your deli favorites** with vegetables or cooked pasta. Toss creamy potato salad with chopped celery, radishes, sliced carrots, or frozen peas; serve drained coleslaw over torn spinach; or, for a one-dish meal, extend marinated pasta salad with canned kidney beans.

DID YOU KNOW?

- A fried chicken drumstick has 120 calories and 7 grams fat; a fried chicken breast has 218 calories and 8 grams fat.
- A ½-cup serving of creamy potato salad has 20 grams fat plus all the sodium you need in a day.
- A ½-cup serving of creamy coleslaw has 17 grams of the fat you need in a day.
- A submarine sandwich has 72 grams fat, 3,529 milligrams sodium, and 1,197 calories!

Based on a 2,000-calorie diet.



NEW FOOD EXCHANGE LISTS

For easier meal planning.

The food exchange system is a great tool for tracking what you eat. Now, the American Diabetes Association and the American Dietetic Association have revised their lists. To get a copy, send a check or money order for $2 to: American Dietetic Association, Department 212, 208 S. La Salle St., Suite 1100, Chicago, IL 60604.

What's on Your Mind?

If you have diet and health concerns, favorite good-health recipes, and cooking tips, we'd like to hear from you. Send your letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. No materials will be acknowledged or returned. BH&G

Recipe for Warm Family Memories

4-H and the U.S. Congress endorse FAMILY TRADITION through Bread Baking. That's why Congress has declared November as..... NATIONAL FAMILY BREAD BAKING MONTH.

Home made bread, "The Staff of Life" is part of our AMERICAN HERITAGE dating back to Colonial times. Whether baked for gift giving or family enjoyment, homemade breads are a TRADITION in many families, passed from one generation to another. The Perfect Activity for FAMILY TOGETHERNESS.

WHITE BREAD (Makes 2 loaves)

6 to 6½ cups unsifted flour
3 tablespoons sugar
1½ teaspoons salt
1 package Fleischmann's™ Active Dry Yeast
1½ cups water
½ cup milk
2 tablespoons margarine or butter

In a large bowl thoroughly mix 2 cups flour, sugar, salt and undissolved Fleischmann's Active Dry Yeast.

Combine water, milk and margarine in a saucepan. Heat to 120°-130°F. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour, or enough flour to make a thick batter. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch dough down. Turn out onto lightly floured board; divide dough in half. Cover; let rest 15 minutes. Shape pieces of dough into loaves. Place in two greased 8½ x 4½ x 2½-inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake at 400°F about 30 minutes, or until done. Remove from pans and place on wire racks to cool.

To save up to 50% rising time, use FLEISCHMANN'S RapidRise Yeast: Follow Quick mix steps on package back.

For more easy recipes send $1.50 to: Bake-It-Easy Cookbook, P.O. Box 337, Dept. N, Teaneck, NJ 07666. Allow 4-6 weeks for delivery.

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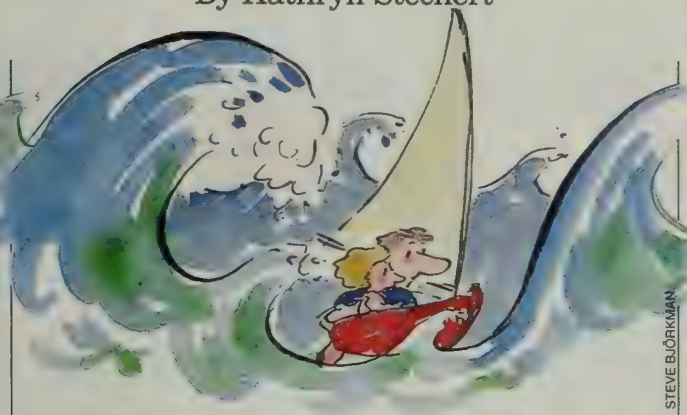
HOW TO SURVIVE THE STRESS POINTS IN YOUR MARRIAGE

MAKING YOUR MARRIAGE CRISISPROOF

By Kathryn Stechert

A MATTER OF SURVIVAL

Some couples seem to hum along for years without troubles, but most of us eventually face a stern test of our "for better or for worse" vows. Why do some couples sail through these troubled waters safely, while other marriages sink? Professional counselors know that facing a crisis in the right frame of mind is the key to a marriage's survival.



STEVE BJÖRKMAN

Rough seas ahead: Every couple faces sudden storms that can swamp their marriage. Here's how to weather the crisis, and prepare for the next squall.

NO MARRIAGE IS IMMUNE

Even rock-steady marriages can be stressed by the jolt of a crisis. Whether it's facing cancer surgery or learning that your spouse is addicted to drugs, stress points arise in every couple's life.

Not all stress points develop from tragedy, however. Many predictable, life-in-progress episodes such as the birth of a first child or retirement can cause strain. Any sudden shift in the direction of either or both members of the marriage carries the potential for generating stress.

CRISIS AND CHANGE

All of these situations cause stress because they require change, upsetting the "ground rules" on which the marriage was based. "Unless a couple is good at coordinating the process of change, they will be torn apart," says family therapist and psychiatrist Dr. Frank Pittman of Atlanta.

Most couples can identify one or more ways to solve their problem, notes Dr. Pittman. The difficulty lies in overcoming the inflexibility that interferes with putting those solutions to work. "As human animals, we devote much of our energy to striving to avoid change," Pittman says. Yet couples who *can* change are the ones most likely to survive—and even grow from—the inevitable stresses.

SURVIVAL STRATEGIES

Often, 20/20 foresight is the best way to get through a crisis. Couples who have planned for the storm before it brews are best able to weather the crisis. (See box.) But no matter how well prepared you may be, you'll find yourself struggling through most stress points in your marriage. Here are seven strategies that can help you cope.

1. Talk to one another.

Ask each other what your options are for dealing with your problems. Discuss what you're feeling, what you fear and hope. "At every crisis point the couple must come together to talk—openly and extensively," Pittman says. "In order for a couple to change, they have to be capable of intimacy. They have to be able and willing to reveal themselves."

2. Get help from others.

Too much sharing can be a burden when the couple has no outside support. Dr. Marilyn Jean Mason of the Family Therapy Institute in St. Paul tells of a man whose wife had cancer. The husband helped her cope, but couldn't tell her his worst fear: "What if she dies and I'm left alone?" A men's support group gave him help.

continued on page 92

A CRISISPROOF MARRIAGE

Experts in family relations have found that couples are better prepared to cope with a crisis if they:

- **Talk about their feelings daily.** By solving small problems continually, they are free of emotional clutter and better able to cope when a crisis comes along.
- **Make periodic changes just to stay comfortable with change.** They vary schedules and chores so they are prepared to adapt when a crisis requires flexibility.
- **Hold "what if" conversations.** Asking "what if"—what if we had to move across the country, for instance—helps these couples find out what each thinks and gives them experience in dealing with conflict.
- **Keep in touch with others who can step in during a crisis.** If a couple has become too independent from their extended family, they don't have other adults to help in times of crisis. If, on the other hand, they are too tightly bound to the extended family, the couple won't have the flexibility needed to adapt to change. A balance is needed.

—Kathy Stechert is a free-lance writer, and author of On Your Own Terms: A Woman's Guide to Working with Men.

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These are the same moccasins nationally advertised by us in leading media throughout America. Each fleecy pile-lined interior is warm and snug and cushy soft. Little wonder they are the most popular and expensive footwear ever sold by this multi-million-dollar New York firm.

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STRESS POINTS IN YOUR MARRIAGE

continued from page 87

3. Be ready and willing to change your roles and rules.

Established patterns may need to be changed abruptly in a crisis. Adapting to even small changes of routine can lead to big arguments.

For example, she routinely handles grocery shopping each week. When she loses her job and starts working two part-time jobs, she asks him to take over the responsibility for this chore. If he refuses, this seemingly small matter could flair into a major argument.

Rigidity often produces more problems than the stressful event itself. Some people are so rigid, Pittman says, that "they'll show up dressed for dinner at the usual hour even if the house is burning down."

4. Allow yourselves to be angry.

Anger is a common response to stress, yet many people feel they must always be caring and understanding. Couples need to be willing to conflict to solve problems and discover what the other partner might be feeling.

Anger doesn't have to be directed toward a spouse, however, says Dr. Mason. Anger can be directed toward the circumstances and can be released outside the marriage.

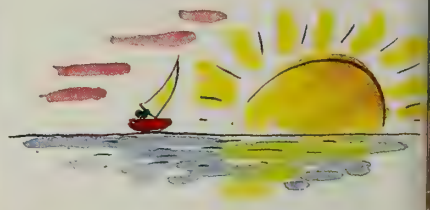
5. Keep yourselves active.

In times of crisis, it's important to have a plan for coping with the problem. Schedule activities—call friends, attend meetings, exercise regularly. The key, says Mason, is "not to wallow in helplessness."

6. Be prepared to change established family goals.

Couples usually agree—either tacitly or openly—on certain objectives for their marriage. Yet even the most important goals may be altered in a crisis: your hopes for your child, for example, will change if the child is severely injured in an accident.

However, avoid unnessary changes. "The familiar can make us feel sane and normal," Mason says. "It can make us feel grounded."



Fast action can help calm the storms that hit marriages from time to time.

7. Recognize that life has suffering.

"We often forget that we are sometimes powerless over what can come tomorrow," says Dr. Mason. "Everything in life is not in our control, but we get duped into thinking it is because we can control so much." Couples in strong marriages are grateful for the plateaus and peaks and remind one another constantly that "we're in this together."

FOR MORE INFORMATION

- *Married People: Staying Together in the Age of Divorce,* Francine Klagsbrun, Bantam, $16.95.
- *Intimate partners,* by Maggie Scarf, Random House, $18.95.
- *Turning Points: Treating Families in Transition and Crisis,* Frank S. Pittman, III, M.D., W.W. Norton, $32.95. This book is intended primarily for professional counselors.

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BAKING CUTOUT COOKIES

Slick tricks for rolling out, cutting, and transferring cookie dough—

● Your cookie dough will roll out, cut out, and transfer to the cookie sheet more easily if you roll it on a lightly floured pastry cloth. In addition, cover your rolling pin with a cloth pastry sleeve and flour it well to minimize sticking as you roll.

● Before cutting the cookie dough into shapes, dip your cutters into flour. Use a long, thin spatula to lift the cutouts from the pastry cloth and transfer them to your cookie sheet. There's less chance of distorting the cookies' shapes.

● When you reroll dough scraps, dust the pastry cloth with a half- and half-mixture of flour and powdered sugar. This makes the cookies more tender than if they were rerolled on a surface dusted with flour alone.



Comparison between Fruit Corners® Strawberry Fruit Wrinkles and Sunkist Strawberry Fun Fruits only. Fruit Wrinkles contain both strawberries and pear puree concentrate. Fruit and sugars content of other Fruit Corners products vary by product and product line.

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MAILING CHRISTMAS GOODIES

SHIPPING TIPS FOR BAKED GOODS



SCOTT LITTLE

Alternate filler and cookies, placing filler in the bottom and adding the sturdiest foods first.

FOLLOW THESE HINTS

To make sure that the holiday treats you mail arrive in tip-top shape:

● **Choose cookies, breads, and candies that travel well.** Moist, soft, drop cookies and bar cookies stay intact. Fudge and sturdy cakes do well, too.

● **Use sturdy packing materials.** Line a heavy box with plastic wrap or foil. Use filler such as bubble wrap, foam packing pieces, or crumpled tissue paper to layer between the goodies.

● **Wrap cookies in pairs.** Place the cookies or bars back to back and wrap with plastic wrap.

● **Add a mailing card.** Include the addresses of the sender and receiver in case the box is damaged in shipment.

● **Mail the box in a box.** Add filler around the goodie box for cushion.

● **Secure the box.** Use strapping tape with reinforcing fibers to shut the box.

● **Write with permanent ink.** Cover the address with transparent tape.

● **Mail early.** Holidays are busy times for mail services. Mail three weeks before Christmas if possible. Next-day delivery is available, but count on paying about $13 for a 2-pound box. Mail before December 5 and the parcel will arrive in about a week for $3 or less.

HOLIDAY FOOD TIPS

ADVICE FOR HOLIDAY EATING AND COOKING



SCOTT LITTLE

When faced with a choice of fruitcake or cranberry-orange bread at a holiday gathering, which would you choose?

WHICH IS MORE HEALTHFUL?

Calorie-wise, cranberry-orange bread and fruitcake are neck and neck. Fat-wise, cranberry-orange bread, usually based on oil instead of butter, wins with 40 percent less fat (5 g compared to 8 g). Sodium-wise? Go with fruitcake. It has almost 75 percent less sodium.

MORE TOLL-FREE HOTLINES FOR COOKING ADVICE

The Pillsbury 800 Response Line answers questions about baking, cooking, and Pillsbury's products. Call **800-328-4466** weekdays from 8 a.m. to 4:30 p.m. central time. Closed November 26, 27; December 24, 25; and January 1.

The Eat Fish Line by the Rhode Island Seafood Council will answer questions on saltwater fish or seafood. Call **800-EAT-FISH (800-328-3474)** weekdays from 7:30 a.m. to 5:30 p.m. eastern time. Not available in Alaska.

Tone's Spice Advice Hotline answers questions about cooking with spices and herbs. Call **800-247-5251** anytime and leave a message. You'll get a call back. Available in Canada.

The Windsor Vineyards will answer your questions about buying and serving wine. Call **800-862-4910** Monday through Saturday from 9 a.m. to 8 p.m. Pacific time. Closed holidays.

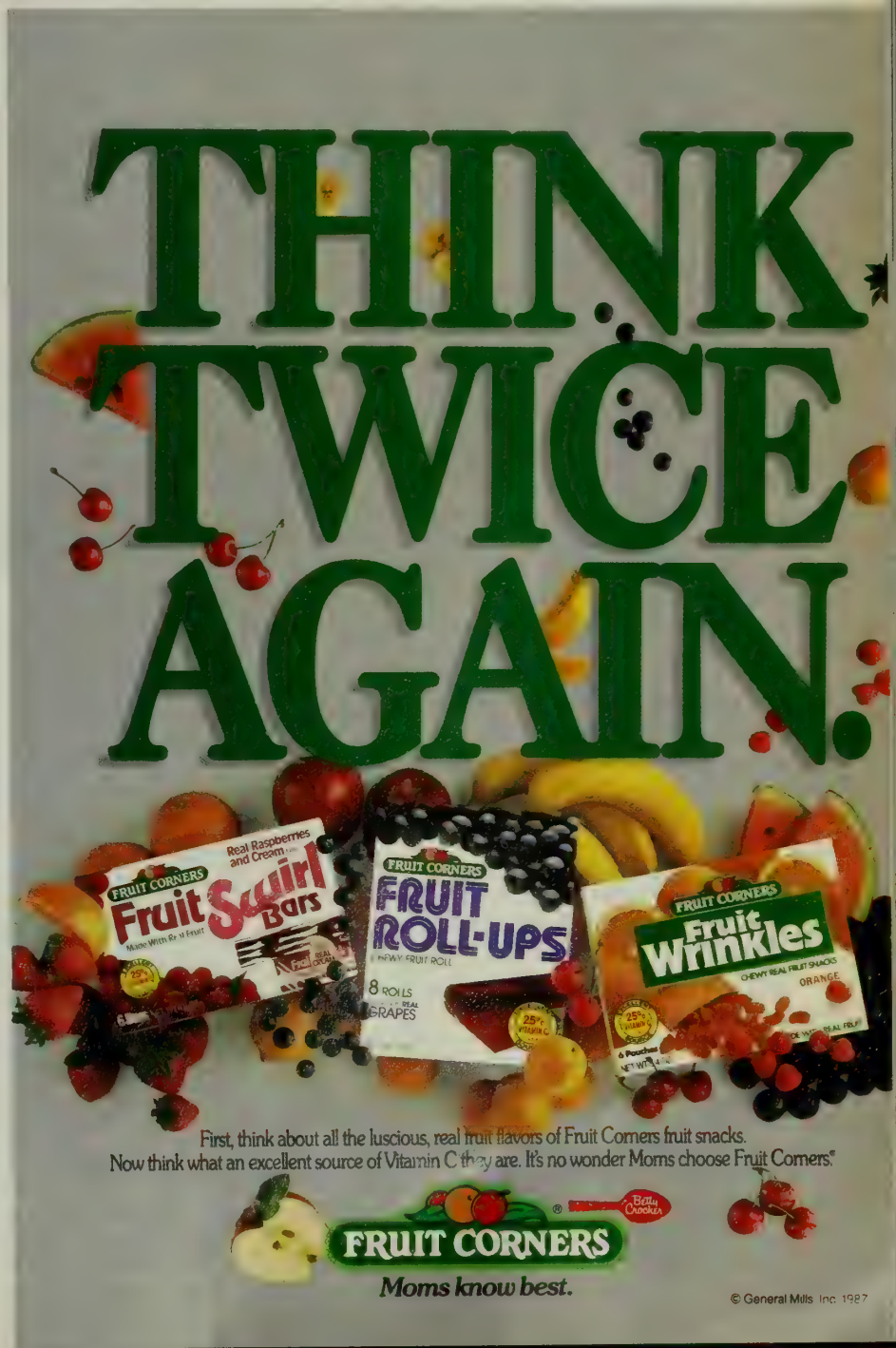
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A perfect gift for the person who loves to clip but hates to file recipes—

If you know people with a stack of recipe clippings, give them the gift of organization of those loose clippings this Christmas. Send the clippings to Amfax Company, which will sort the recipes into categories (breads, salads, desserts, and so forth). Then, they will mount the recipes on sturdy notebook-size pages and place them in clear protectors.

Cost is $1 per side of page. Allow two weeks for a premounting estimate of the total pages and cost. Mail payment; allow a week after the company receives your payment to get your mountings.

Contact: Amfax Company, 6472 Lensen St., Philadelphia, PA 19119; 215/864-0202 from 10 a.m. to 7 p.m. eastern time.



YEAR-END TAX STRATEGIES

MONEY-SAVING MANEUVERS UNDER THE NEW TAX LAW

By Margaret Daly

The 1986 tax law threw a monkey wrench into many time-tested tax strategies, including year-end maneuvers. Still, you may be able to shave your tax bill by acting before January.

1987 vs. 1988 INCOME TAX RATES

Married Couples Filing Jointly

1987		1988	
Taxable Income	**Marginal Rate**	**Taxable Income**	**Marginal Rate**
$0–$3,000	11%	$0–$29,750	15%
$3,000–$28,000	15%	$29,750–$71,900	28%
$28,000–$45,000	28%	More than $71,900*	33%*
$45,000–$90,000	35%		
More than $90,000	38.5%		

Individuals Filing Status Returns

1987		1988	
Taxable Income	**Marginal Rate**	**Taxable Income**	**Marginal Rate**
0–$1,800	11%	0–$17,850	15%
$1,800–$16,800	15%	$17,850–$43,150	28%
$16,800–$27,000	28%	$43,150–$100,480*	33%*
$27,000–$54,000	35%		
More than $54,000	38.5%		

*Subject to 5% surcharge, making effective rate 33%. Reverts to 28% once personal exemption phase-out is complete; check your tax adviser.

A transition year

Because 1987 is a transition year under the new tax law, some special considerations come into play. There are five tax brackets in 1987 and just three next year, for example, which means you could well drop to a *lower* rate in 1988 even if your income rises. On the other hand, many deductions and credits have been chopped or eliminated, leaving more income vulnerable to taxes.

Use the accompanying chart to estimate your bracket for both years, then consider the following strategies.

Juggle income and deductions

The most common year-end maneuver is to shift income into a lower-tax-bracket year and move deductions into a higher-income year. Possibilities:

- **Defer income.** A couple with taxable income of $50,000 this year and next would automatically drop from the 35-percent bracket to 28 percent, saving $70 for every $1,000 of taxable income above $45,000 in 1988. For single filers, the threshhold is $27,000.

Deferring income isn't always easy. You can't just cash a late-December salary check in January; that's still 1987 income, to the IRS. One ploy could be to have your employer delay a year-end bonus. **Tips:** Make sure the check is dated in 1988. With your own business, you might delay billing until January.

- **Defer savings income.** Treasury bills (T-bills) are made to order for year-end income delays. Because the bills are discounted, you receive the income right away, but you're not taxed until the bill matures—in three, six, or 12 months. What's more, the income is exempt from state and local income taxes, a definite advantage if you live in a high-tax state.

The 1986 tax law brings new twists to old strategies. Timely action now could cut your tax bill significantly.

The downside is that you need at least $10,000 to buy a T-bill. **Tip:** Some banks and savings and loans now offer certificates of deposit (CDs) that delay income until maturity. Usually you can buy one for just $1,000, sometimes less.

- **Pay off loans.** You can deduct only 65 percent of interest payments on consumer loans this year, 40 percent next year, and the deduction phases out altogether in 1991. The diminishing deduction makes it especially important to pay off high-interest loans—perhaps even with savings. A $1,000 balance in a 6-percent savings account earns $60 a year, for example. That same $1,000 could save you up to $180 a year in credit card interest, which is only partly deductible now.

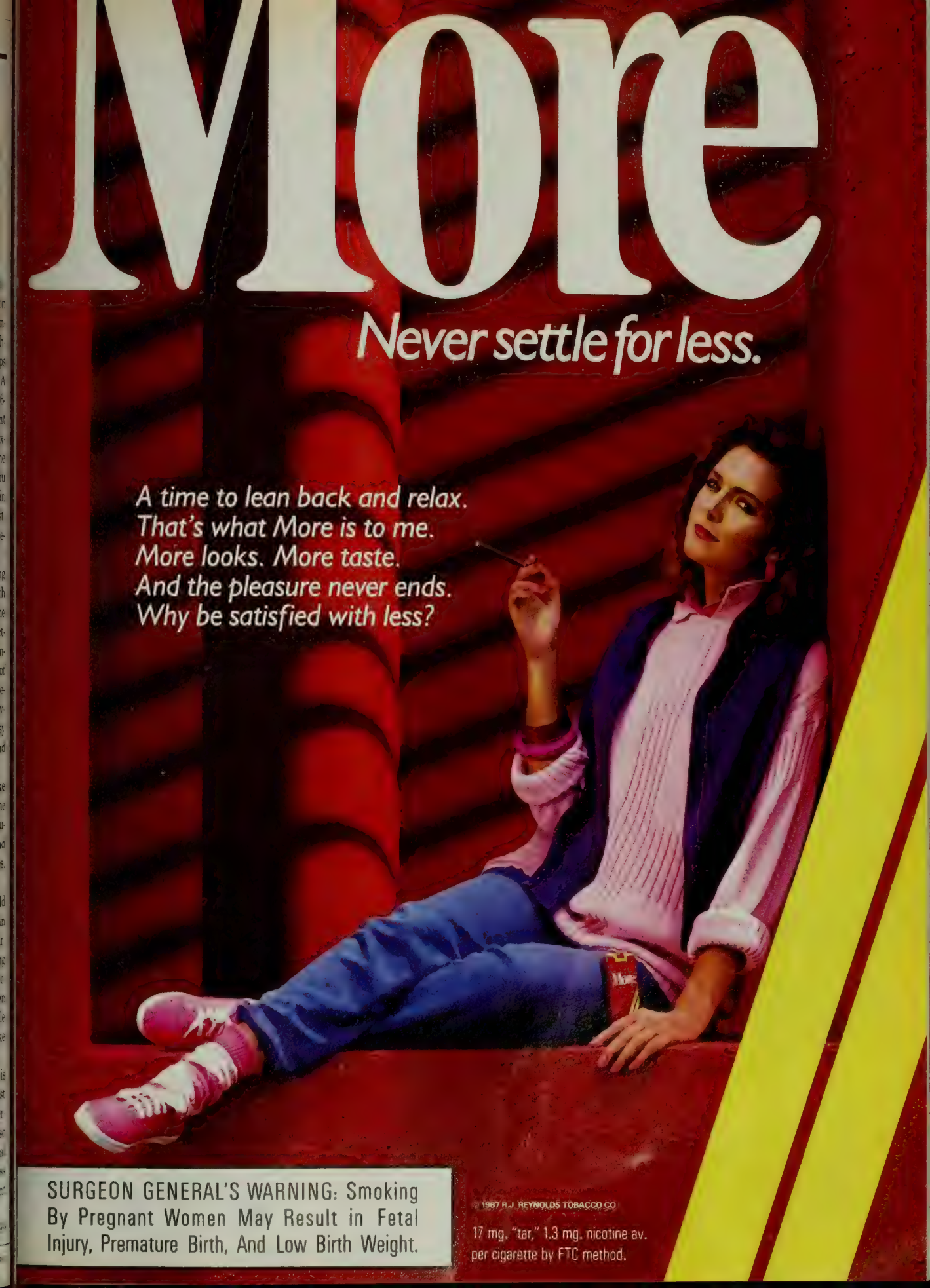
Tip: Consider paying off consumer debts with a home-equity loan. The interest is fully deductible up to certain limits—generally, the purchase price of your house plus the cost of improvements. But *don't* think of these revolving lines of credit as a source of easy money. Your home is on the line, and interest rates could rise sharply.

- **Itemize deductions this year, take the standard deduction in 1988.** The standard deduction for a married couple filing jointly is $3,760 in 1987 and jumps to $5,000 next year. For singles, it moves from $2,540 to $3,000.

Bunching deductions into 1987 could benefit you if they'll equal more than the standard deduction. Next year, you'll have the option of itemizing again, or taking the standard deduction—which is worth $1,240 more then to a married couple, $460 to a single person. If you expect a big income hike in 1988, put off deductible expenses.

Either way, juggling deductions is not as easy as in the past. You've lost the sales tax deduction. The consumer-loan deduction has lessened. You also face a stiff hike in the floor for medical deductions, to 7.5 percent of your gross income, and a similar one of 2 percent on miscellaneous items.

continued on page 99


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FOR DESSERTS THAT TASTE JUST LIKE HOMEMADE.

continued from page 96

Still, it's worth a review of expenditures to date to see if specific moves now might help. **Tip:** The IRS is getting tough about future payments for miscellaneous items such as investment journals and safety deposit boxes. One year at a time seems reasonable to Uncle Sam (and he probably has a point).

Review investments

No investment should be sold purely for tax purposes, but weigh these possibilities if you're planning to sell.

- **Take long-term capital gains this year.** The maximum tax in 1987 on long-term gains (for securities held over six months) is 28 percent. Next year, the distinction between long- and short-term disappears, and all gains are taxed as ordinary income. That spells a 5-percent increase if you're headed for the 33-percent bracket.
- **Take short-term capital gains in 1988.** That will pay if you expect your income tax bracket to drop, because short-term gains are taxed at the same rate as ordinary income.

Fewer tax brackets in 1988 mean you could be in a lower bracket then, affecting 1987 income and deduction strategies.

Pin down dependency exemptions

Each exemption is worth $1,900 off your gross taxable income in 1987. Review any borderline cases to see if extra expenditures right now—for savings or clothing, say—would make a difference. Generally, you must pay over half the dependent's expenses for the year. Rules are trickier for college students and adults, so check with a tax adviser.

Tip: Though the higher floor for medical expenses will probably preclude a deduction, don't overlook the possibilities for locking in a 1987 dependency exemption. Elective surgery, dental work, even eyeglasses could help. Most likely, insurance reimbursements won't come until 1988, when they'll count as income. In the meantime, the expense has gone toward the dependency support in 1987. BH&G



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LOOK WHAT KIDS CAN KNIT!

SIMPLE SQUARES MAKE LOTS OF NEAT STUFF

By Jim Williams and Jilann Severson

Introduce your kids to the fun of knitting with these easy-to-master squares. Once they know the basic stitch, the sky's the limit.



KNIT SQUARES
Both boys and girls enjoy making something on their own. Knitted squares are easy to learn, and kids will be proud of their creations.



HAT AND VEST

Just 40 stitches by 150 rows make a hat. Sew short ends together, gather one side and add a pompom. For the vest, make eight squares. Stitch them together, leaving openings for arms and neck.



SCARF

Nine small squares worked in different colors add up to a scarf. Stitch all the squares end to end into a strip, mixing the colors. Add yarn fringe to each end.



PILLOW

Only four squares of any size make a pillow front. Stitch them together with the colors alternating. Then cut a fabric backing to match, or knit four more squares. Sew front and back together and stuff.

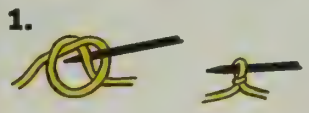


Designs: Gary Boling
Photographs: Perry Struse

BUYING INFORMATION, PAGE 206

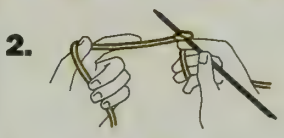
HERE'S HOW!

To make a small square, cast on 24 stitches and knit in rows until it forms a square. Cast on 32 stitches and knit in the same way to make a bigger square.

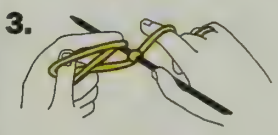


CASTING ON

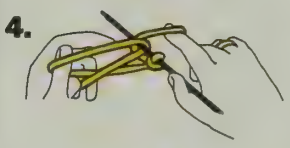
1. Make a slipknot around one of the needles, leaving a long tail of yarn.



2. Hold needle with knot in right hand; make a loop of yarn around your left thumb.



3. Insert the point of the right needle under the loop.



4. Loop yarn from the ball over the fingers of your right hand. Wind yarn from the ball around the needle and draw it through the loop. This makes one stitch on the needle.



5. Tighten the stitch and bring yarn end around your thumb. Repeat steps 2–5 until you have the correct number of stitches. Switch needle with stitches to your left hand.



KNITTING

6. Insert the right needle through the first stitch from front to back. Bring yarn around the point of the right needle to form a loop.



7. Pull this loop through the stitch that is on the needle and draw it onto the right needle. (Both needles are now in the loop.) Now slip the stitch off the left needle.



8. Repeat until all the stitches are on the right needle. For the next row, switch hands and start again. Keep going until you've made a square.

CASTING OFF



9. Knit two stitches loosely together. With left needle, lift the first stitch over the second stitch and off the needle. Repeat this until there's only one stitch on the needle. Break the yarn and draw the end through the last stitch.

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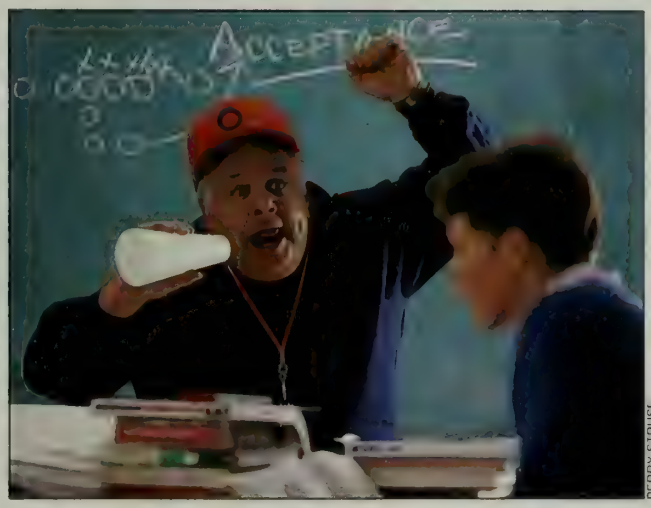
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COACHING FOR SAT TESTS

COULD IT HELP YOUR CHILD GET INTO COLLEGE?

By Mary Conroy



PERRY STRUSE

Our education editor braves the Scholastic Aptitude Test (SAT) to get a firsthand idea of how coaching might help your college-bound youngster.

When the proctor said, "Go," I opened my SAT test booklet. My stomach lurched. But I remembered my edge over other students in the room: I'd had some of the best SAT coaching in the country; they were going in cold.

Over a million students a year take the SAT, which is required by many private colleges and by East- and West-Coast state universities. (Other schools use the American College Test.)

In a multiple-choice, 3½-hour format, the SAT tests math, verbal, and grammar skills. The best-known sections, the math and verbal tests, are scored on a scale of 200 to 800.

Does coaching work?

More than 110,000 students hope so. That's how many take test coaching courses every year at an average cost of $510. Is that money well spent?

It depends on whom you ask. The College Board, which sponsors the SAT, says coaching won't help because the tests measure skills that develop over years of study. In fact, students who repeat the test without coaching may raise *or lower* their scores, the Board finds.

But a host of researchers disagrees with that conclusion. Studies from Harvard, the University of Michigan, and the Federal Trade Commission all show an improvement in SAT scores after coaching.

First stop: The bookstore

Before I signed up for classes, I checked out SAT practice books. The selection was bewildering. I chose two.

Starting with my strong suit, I tried a vocabulary test first to boost my confidence. But after one look at the math test that followed, I went directly to a Whoopi Goldberg movie.

PICKING A COACHING SCHOOL

Consider these questions:

- **Does your child need basic skills, test-taking skills, or both?** Kids with rusty skills may profit from a math and English review class. Others need only test-taking help.
- **What's the class size?** Groups larger than 15 leave teachers little time to offer individual assistance.
- **Does the center test students?** Good schools diagnose students and work mainly on their weak areas.
- **Does the school offer a guarantee?** Two guarantees are typical: (1) You must be satisfied or you can repeat the course; and (2) You must gain a certain number of points over either your diagnostic test or a prior SAT, or you can repeat the course.
- **Are the skills relevant?** Some courses teach skills that may never be tested. Good programs use practice tests and base their exercises on a computer analysis of SAT items.

It was just as well. Many of the math items surpassed the 10th-grade skills that the SAT tests. And the answer keys had several errors. That's why the experts don't recommend books.

Except for one: *10 SATs*, a collection of old tests that let me know what to expect. That's critical, says Dr. James Kulik of the University of Michigan, because the SAT is very different from school tests. For instance, few high school math tests are multiple-choice; the SAT is strictly multiple-choice.

I also tried slickly packaged software for its instant feedback. Most programs are better than books, but they still need the kinks worked out. And many of their items bear no resemblance to the SAT.

On to the classroom

Next I tried the two biggest commercial classes. Each uses a very different approach. Both schools are available in major urban areas.

Stanley H. Kaplan offers a $450, 11-week course. Classes meet four hours once a week. Kaplan provides partial scholarships and lets dissatisfied students repeat the course without charge before the next test date. A diagnostic test (that can be taken alone for $30) pinpoints strengths and weaknesses and recommends ways to improve.

Kaplan's course focused on math and verbal skills that could be used both on the SAT and in college. In addition to classes and a mock SAT, we had access to practice tapes. Each week also included four to six hours of homework.

But it pays off: According to a Boston report from the Federal Trade Commission, Kaplan students gain an average of 120 points on the total SAT.

continued on page 106

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COACHING FOR SAT TESTS

continued from page 105

Princeton Review took a different tack by teaching me how test writers think. Understanding that helped me make educated guesses on the SAT.

For $565, Princeton Review students get a diagnostic test and three classes per week for six weeks. Those who don't boost their scores 100 points may repeat the course at no charge. Scholarships and work-study jobs are offered.

The guarantee seems to be a safe bet: a *Venture* magazine survey found that Princeton Review students gained an average of 150 points.

How did I do?

Predictions from both schools were confusing. Kaplan's diagnostic test predicted my score would be 200 points lower than did the Princeton Review test I took the next day. That made me wonder if Kaplan's test is so hard that anyone would appear to need coaching.

On the other hand, I thought that Princeton Review interpreted diagnostic tests to its own advantage. When I gained 30 points, the coach credited the gain to his coaching. But when I lost 30, he blamed it on a bad day.

Still, each had its strong suit. Princeton Review's was in teaching me to estimate and to rule out obviously wrong answers, although a few of their other techniques didn't apply to my SAT.

Kaplan taught me to reason my way through typical college problems, not just SAT items. Their program was especially strong in vocabulary.

Besides being coached, I took all the tests in *10 SATs* and reworked the items I got wrong. I also used the book, *Cracking the System: The SAT* ($9.95), to review math. For a month before the test, I put in 20 hours per week resurrecting my high school skills.

It didn't do wonders for my social life, but it did help on the SAT. I came within 30 points of my high school SAT math score, and improved my verbal score by 70 points.

My bosses said they'll keep me, even if I didn't score a perfect 1,600. Whew!

TESTING TIPS

Chris Serbagi of Princeton Review and Maria and Steve Harshbarger of Stanley Kaplan offered these ideas:

- Each section of the test starts with easy items and then gets harder. If you solve the first items quickly, you're probably right. But if you solve the final ones that fast, you're probably wrong.
- Only a fraction of a point is deducted for each error. If you manage to eliminate even one wrong answer among the multiple choices offered, it's to your benefit to guess.
- You don't have to answer every test question. In fact, you can get a 700 without even trying the last five items.
- Remember that the person next to you may be taking another section of the test. Don't worry when others put their pencils down.
- The math problems don't involve long calculations. If you launch into a long calculation, see if there's an easier solution.

For more information:

If you're interested in coaching schools, call:

- Princeton Review—800/525-6447
- Stanley Kaplan—800/527-8378.



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HOW TO GET THE KIDS TO GO TO BED AND STAY THERE

By John Rosemond

When our firstborn, Eric, made his triumphant entrance into the world 18 years ago, he was welcomed by two anxious parents who picked him up every time he cried, day or night.

Bedtime quickly became a circus, with Eric holding out while my wife Willie and I held on. No one had told us that most babies cry for a while before falling asleep. We thought we'd done something wrong, so we picked him up and tried again.

On a good night, Eric fell asleep around 10 p.m., only to be up again several hours later. This went on all night. In the morning, Willie and I looked like something the cat had dragged in. Eric, on the other hand, was always rarin' to go. After 2½ years of this, he slept through the night for the first time.

Looking back, it now seems that we were trying to create a perfect world for Eric. But the more we tried to protect him from any and all discomfort, the lower his tolerance for discomfort got.

Amy, born 3½ years after Eric, had no such luck. Several weeks before the blessed event, Willie looked me in the eye and said, "This one's going to have a bedtime, and *we're* going to have a marriage." And so it was.

At 8 p.m., Amy was nursed, burped and put to bed. She usually cried for five or 10 minutes before falling asleep. If her crying became intense or lasted more than 10 minutes with no sign of winding down, we'd check in on her.



John Rosemond is a family psychologist, a nationally syndicated columnist, and a regular contributor to BH&G®.



ROBERT FÜRSTENAU

Bedtime is for your sake, not your child's.

COUNTDOWN TO BEDTIME

There's no simple solution to prevent toddlers from crying at bedtime. But there is a way to get them to go to sleep without crying *much.*

First, set a definite bedtime and stick to it. Then, decide upon a routine, including a bath, a story, and a tucking-in ritual. Begin about 30 minutes before bed. The tucking-in should be loving, but brief.

If your child cries, go back in five minutes to provide reassurance. Don't pick the child up and don't stay over 30 seconds. Five minutes later, if you still hear screams, repeat the procedure.

Sooner or later, fatigue will win, and the cries will turn to whimpers. At this point, extend the interval to 10 minutes. After several nights, the crying will last only a few minutes.

More often than not, finding nothing amiss, we rubbed her back just to let her know we were still there, and left. The happy result: Amy slept through the night when she was only two months old.

Like us, most new parents believe these common myths about bedtime:

MYTH: ***Everyone in the house should be deathly quiet while an infant is asleep.***
FACT: While a baby sleeps, life in the family should go on at its usual volume. Soon the baby will become accustomed to your normal noise level and will be disturbed only by sharp increases from this baseline.

MYTH: ***You should leave a baby alone to "cry it out" at bedtime.***
FACT: If an infant needs reassurance, provide it. The more available you are during the first year, the more secure and independent the child will be.

On the other hand, you needn't respond immediately to an infant's every call for attention. Rushing in every time children cry is just as extreme as making them "cry it out." A middle-of-the-road approach, such as we took with Amy, is most sensible.

MYTH: ***Young children shouldn't go to bed before they're tired.***
FACT: A child's bedtime is for the parents, not the child. For your own sake, set a definite, early bedtime and stick to it. Do not try to wear an infant out by staying up long after reasonable people have gone to bed. As the evening goes on, a baby gets more agitated and difficult to put to sleep.

MYTH: ***Children who sleep with their parents are more secure, happy, and self-reliant.***
FACT: Children who sleep in their own beds learn that they are individuals with clearly separate identities. When

continued on page 110

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KIDS TO BED

continued from page 109

they know that their parents sleep together, without them, kids learn that marriage is the most important relationship within the family.

They also learn that separating from parents is not an awful thing. The bedtime routine sets an important precedent for other separations, such as being left with a baby-sitter and starting school.

There are, however, times when allowing your child to sleep with you is harmless. A sick child, for instance, may need the added tender loving care of the parents' bed. You might also make an exception during any family crisis, especially one involving major loss, trauma, or transition.

MYTH: ***Older children have fewer bedtime problems.***

FACT: Bedtime problems can occur with children of any age. But you can limit the number of times they get up. For an older boy of four or five, who has a million excuses for getting out of bed, you must again establish a definite bedtime and tucking-in routine. As you leave his room after the tucking-in, put a large plastic bracelet over his doorknob. This gives him permission to come out of his room one time. When he does, he "pays" for it by handing you the bracelet.

The first time he comes out of his room, take the bracelet off the doorknob and put him back to bed. This time, as you leave the room, don't put the bracelet on the doorknob. No bracelet means he can't get out of bed. If he breaks the rule, he loses an important privilege (going outside, watching television) the next day.

This method meets the child's desire to stay up with the big people almost halfway. With consistency, it should pay off within a few weeks.

FOR MORE INFORMATION

Questions on sleep? Read: *Solve Your Child's Sleep Problems* by Richard Ferber (Fireside Books, $7.95).

Questions on parenting? Read: *Parent Power! A Commonsense Approach to Raising Your Children in the Eighties,* by John Rosemond (Pocket Books, $3.95).

100,000 built-in problems and three levels of difficulty.

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TEXAS INSTRUMENTS

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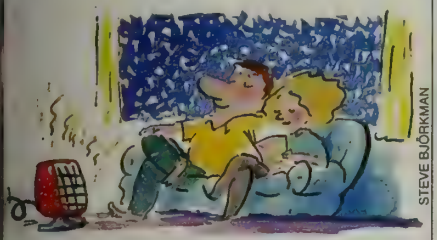
- 1 bag (16 oz.) frozen broccoli, carrots and cauliflower combination, thawed and drained
- 1 can (10¾ oz.) condensed cream of mushroom soup
- 1 cup (4 oz.) shredded Swiss cheese
- ⅓ cup sour cream
- ¼ teaspoon Durkee Ground Black Pepper
- 1 jar (4 oz.) chopped pimiento, drained (optional)
- 1 can (2.8 oz.) Durkee French Fried Onions

Combine vegetables, soup, *½ cup* cheese, sour cream, pepper, pimiento and *½ can* Durkee French Fried Onions. Pour into a 1-quart casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions; bake, uncovered, 5 minutes longer.
Preparation time: 5 minutes MAKES 6 servings.

MICROWAVE DIRECTIONS: Prepare as above. Cook, covered, on HIGH 8 minutes; turn halfway through. Top with remaining cheese and onions. Cook, uncovered, on HIGH 1 minute or until cheese melts.

PORTABLE HEATER SAFETY

KEEP YOUR FAMILY WARM AND SAFE



STEVE BJORKMAN

A sturdy base helps prevent your heater from being tipped over.

Use caution when buying and operating a space heater. Be sure your heater is in good condition and has all the essential safety features—and keep it away from combustible materials.

YOU CAN PREVENT FIRES

Any machine that puts out heat is capable of starting a fire. If you're one of the millions of people who use portable heaters during the cold months, take the following precautions.

When you shop for an electric or kerosene heater, look for one that doesn't tip over easily when you bump into it. Also look for the UL (Underwriters Laboratories) seal of approval, which indicates that the product is made according to high safety standards.

ELECTRIC MODELS

Portable electric heaters range in price from less than $30 to more than $200, and they eat up around 10 to 15 cents' worth of electricity per hour.

In 1985, portable electric heaters caused 3,700 residential fires, resulting in 160 deaths. The main reasons for those fires included placing the heater too close to combustibles, putting articles of clothing near the heater to dry, and using extension cords that were too light, according to the Consumer Product Safety Commission.

- For heaters that are made to plug into a standard 15-amp, 120-volt household wall receptacle, Underwriters Lab recommends a maximum heat setting of 1,500 watts per hour. That provides just enough heat output for an average-size room.
- Shop for a heater that automatically shuts off when it tips over.
- If you must use an extension cord, choose a heavy-duty one. Heaters draw a lot of power, which may damage a regular cord and cause a fire.
- Be sure the grille that covers the heating element doesn't allow room for a child's fingers to be stuck through it.

KEROSENE HEATERS

Portable heaters that burn kerosene range in price from around $80 to more than $250. They consume 2 to 10 cents' worth of fuel per hour and produce up to four times the heat output of electric heaters.

Kerosene heaters were responsible for 2,800 residential fires and 140 deaths in 1985. A major reason for the tragedies was sudden flare-ups, probably caused by the use of kerosene fuel contaminated with gasoline or other flammable substances. To protect your home and family, follow this advice:

- Use uncontaminated kerosene. If the heater does flare up, turn it off at once. Don't try to move it—that would make it flare up more. If you can't turn the heater off, call the fire department and leave the house immediately.
- Although kerosene models are more economical than electric ones for heating several rooms at a time, they also emit noxious gases—specifically, nitrogen dioxide and carbon monoxide. It's important to keep doors to the rooms open for good ventilation so that those gases aren't allowed to build up to a dangerous level.
- Heaters with two combustion chambers (such as Toyostove's Double Clean model) instead of one give off only a fraction of the indoor air pollution emitted by one-chamber models.
- Use only kerosene fuel rated K-1, which is the cleanest grade available.
- Remember to clean or replace the heater's wick at least once a year. Wicks cost around $8 to $13 and are easy to remove and install.
- Look for the National Kerosene Heater Association's seal of approval when buying a new unit.



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The Endurance Runner—Primed to use energy efficiently and to maintain a consistent pace, mile after grueling mile. That's the endurance runner. Heil has its own endurance runner…the 9580GF gas furnace. Designed for strength and long life, Heil is *Born To Run.*

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The key to the 9580GF gas furnace is efficiency. Many gas furnaces waste as much as 40% of the heat they produce. The 9580GF has added features to make it run economically, like the induced combustion blower, which utilizes just the right amount of air necessary for efficient operation, or the solid state intermittent ignition, that lights the burner only when it's needed, saving gas.

Most importantly, our engineers designed the 9580GF with two heat exchangers, instead of the usual one. The secondary heat exchanger takes heat that's normally vented out the chimney and transfers it to warm your home. The result? The 9580GF has efficiency ratings up to 95.8% AFUE, so you save on energy costs.

Ours Is Stainless.

You want your furnace to run for a long time, don't you? Well, so do we! That's why we chose to make two key components, the two heat exchangers, out of stainless steel. When we designed the 9580GF gas furnace, we demanded built-in durability. We got it with stainless steel.



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The 9580GF gas furnace is our endurance runner. Designed for long life and efficient, dependable service, it's the best there is. Since a heating system is an investment in home comfort, you'll want to invest in the best. So buy the one that was born to run. And run…and run. Heil.

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HOW TO DRESS UP A BOXY BEDROOM

Don't let a square bedroom box you into a ho-hum decorating scheme. Round out the room's character by taking these steps:

BE BOLD WITH BACKGROUNDS

Walls coated with a dark color will visually erase corners, melting away the sharp angles of a boxy room. Here, rich navy paint does the trick as it wraps the space with a cozy feeling. A dark background will also give prominence to favored furnishings. To keep the dusky walls from closing in, however, a white ceiling and light colors on the floor air out the area.

DRAPE THE SPACE IN FABRIC

Lush folds of fabric will soften a room's edges, no matter what its dimensions. With this goal in mind, owner Patricia Kaltsas teams up an elaborate window treatment of balloon shades, a shirred valance, and tieback curtains with ruffled bed dressings and a table skirt. In order to get the most yardage for her decorating dollar—and to tie the elements together—Patricia sewed the window treatment and table skirt from matching sheet fabric.



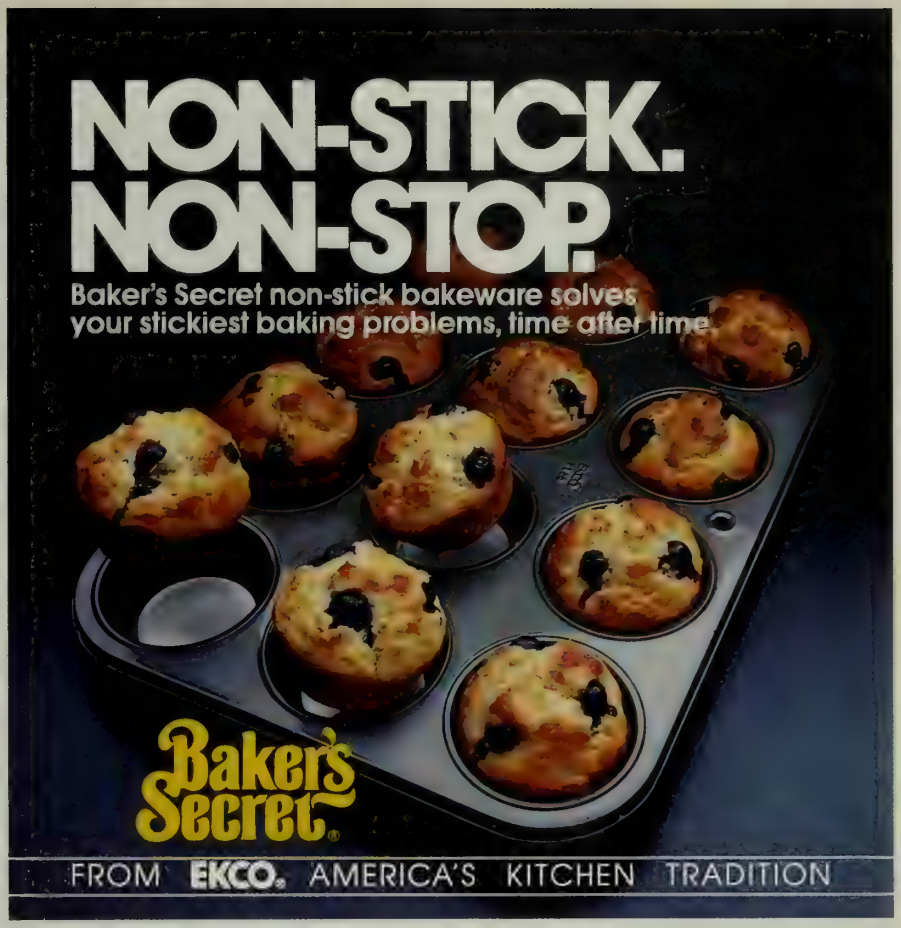
Dramatic furnishings and strong colors add punch to a plain room.

CHOOSE FURNISHINGS WITH CHARACTER

Charismatic furniture gives this plain-Jane room a more interesting personality. Gathered from flea markets and antiques shops through the years, the nostalgic pieces infuse the space with a strong and definite style to overcome the boxy boredom. Commanding center stage is a grand, white iron and brass bed that Patricia bought for a song and restored with paint and polish. At its foot, wicker chairs for reading and relaxing add suite style to the small space.

ARRANGE THE ELEMENTS CAREFULLY

You can fight right angles with the proper furniture placement. Centering a bed along one wall emphasizes a room's squareness. So, Patricia and husband Christopher pushed this bed closer to the far wall, still leaving plenty of room to move on both sides. Playing up the off-kilter arrangement is an askew area rug that leads from the doorway to the bed. Finally, the wicker chairs are pulled away from the corners and angled to form a curve at the foot of the bed.





PHOTOGRAPH: ALAN ABRAMOWITZ; ARCHITECT: KENT JOHNSON; FIELD EDITOR: TRISH MAHARAM

A new whirlpool bath occupies the space added to the bathroom.

BATHROOM BUMP-OUT

FROM CRAMPED TO AMPLE

Tim and Carole Tento bumped out their master bathroom's outside wall 5½ feet, making room for a whirlpool spa and a second sink.

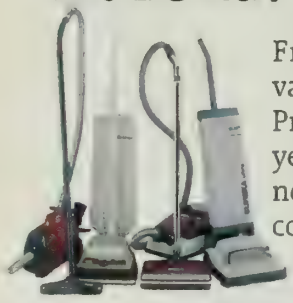
HOW THEY DID IT

The Tentos enlarged their bathroom by building on top of an existing patio slab in the backyard. They took advantage of a generous 3-foot roof overhang, and added a 2½-foot skylight to extend the roofline to the new outside wall.

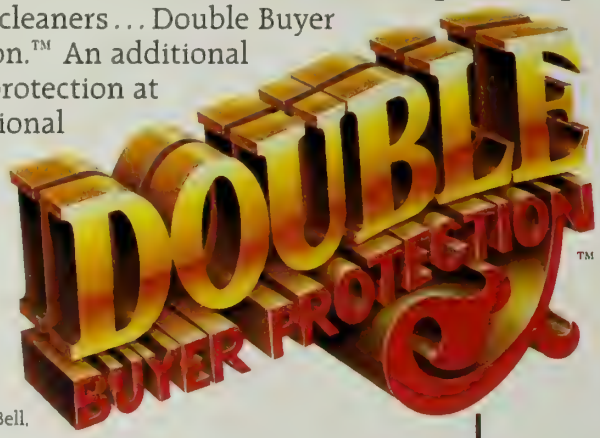
PRIVATE LUXURY

The skylight and large windows create a luxurious feeling in the bath, while a steep, ivy-covered slope protects the couple's privacy.

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Please print:

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Address _____

City _____ State _____ Zip Code _____

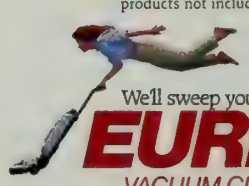
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GET YOUR LIFE ORGANIZED!

EIGHT SOLUTIONS TO YOUR CLUTTER PROBLEMS

By Dave Freedman

Before you can put things in their place, you have to make a place for your things. Here are eight ways to clear out clutter.

A DRESSING CENTER OFF THE BEDROOM

Niches in this built-in wall system keep clothing sorted.

When your bedroom dressers overflow and your closets bulge, sometimes the best solution is to add new storage space to your house. This 7×20-foot walk-in closet, built onto the master suite, provides extra hanging, drawer, and shelf space.

The built-in unit gives each category of clothing its own niche—for example, narrow slots hold socks sorted by color. Sweaters and handbags maintain high visibility for quick selection, escaping the rumpled existence of confinement in drawers. The highest shelves hold seldom-used items, such as the 35-millimeter slide library.

Photograph: Tommy Miyasaki, De Gennaro Studios. Design: Ellis G. Revness. Field editor: Joan Dektar



Added storage takes the pressure off bedroom dressers and closets.



Built-in cabinets and shelves complement the room's cleaned-up country style.

STORAGE AROUND A BAY WINDOW

Assorted treasures find a home in the family room.

These custom-made built-ins add charm to the family room and take advantage of otherwise wasted space. Base cabinets with doors protect the TV (left) and stereo (right) from the fingers of inquisitive youngsters. Adjustable shelves display books and country collectibles. Because the room uses baseboard heating, the cabinets have slotted openings for venting heat. The cost of the built-ins was $1,800.

Photograph: Jessie Walker
Design: Janie Petkus Interiors

continued on page 120

Buying information, page 206.

When you're expecting company, everything has to be perfect.



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hen you push it. Of course, it must be
magic, because it does all of that without any batteries.

The Magic Vac from Fisher-Price®. It's just one of over 300 toys we make that make childhood a little more special.

Fisher-Price

Because you're only young once.

continued from page 118

LAUNDRY STOWAWAY

In the kitchen but out of sight

Enjoy the convenience of having a washer and dryer in the kitchen—but avoid a utility-room appearance by enclosing laundry equipment in pantry-type storage space.

This laundry center shares a storage area in one corner of the kitchen with a pantry and utility closet. A nearby breakfast table serves as a folding surface.

Shelves on the inside of the utility closet door keep cleaning supplies handy. The closet's interior shelves cut away to allow access to the washing machine.

Photograph: Jordan Miller. Design: Jim Hull. Field editor: Pauline Graves



Doors hide a pantry, utility closet, and laundry center.



Ample shelving keeps supplies handy and well organized.



KIDS' TOY ORGANIZER

Stylish cabinets bridge the generation gap.



With closed doors, the cabinets' sophisticated style makes the room appealing to adults.

Shelves adjust to accommodate toys of various sizes. The left side of the unit has a built-in bulletin board.

Children love this toy cabinet's playful design and cheery colors. Parents love it, too; they can put their toddlers' toys away and use the multipurpose room for relaxing, watching TV, and partying when the kids are in bed.

The cabinets, made of particleboard and covered with plastic laminate, keep toys separate and visible for quick selection. A sheet of cork, painted a matching blue, covers the side of the cabinet next to the play desk and serves as a bulletin board. The cabinets, play desk, and stool cost about $1,800 to build, including the design fee.

Photographs: Jessie Walker Associates
Design: David Robbins

continued on page 122

Buying information, page 206.


Halston III™
JCPenney
You're practically aglow from head to toe.
Because there's nothing more beautiful than a confident woman.
Blouson $65.
Skirt $75.
You're looking smarter than ever at JCPenney.™
Available at most large stores. Prices higher in Alaska, Hawaii, and Puerto Rico.
© 1987, JCPenney Co., Inc.

continued from page 120

FAMILY-ROOM NERVE CENTER

Media wall packs a lot of entertainment!

Custom base cabinets store a TV, VCR, stereo components, and all the records and tapes that get played on them. Dividers in the drawers to the left of the television keep phonograph records, cassette tapes, and video tapes upright with titles visible.

The painted birch plywood built-in unit has adjustable shelves, and also features a wet bar with brass sink and faucet mounted on a tile countertop.

Photograph: Laurie Black and Roslyn Banish. Design: Caryl Kurtzman. Field editor: Helen Heitkamp



Sleek cabinets conceal recordings, stereo system, games, and bar supplies.



ROLL-OUT PANTRY FITS DEEP, NARROW SPACE

Shelves on wheels prevent deep-closet clutter



The back of the second unit holds an ironing board and laundry supplies.

Pantry shelves roll out from a 3×4-foot space on heavy-duty casters.

Building a pantry in a 3-foot-wide, 4-foot-deep space poses a challenge. The opening is too narrow for a walk-in and too deep for back-wall shelving.

A pair of birch-plywood shelving units mounted on piano casters solves the problem. Adjustable particleboard shelves allow efficient use of the space.

Because the units are heavy, the double-wheel piano casters had to be custom-made. The casters bear the entire weight of the units, while standard track hardware attached to the ceiling guides the shelves as they roll out in a straight line. The door pulls are brass boat-hatch handles.

Photographs: Alan Abramowitz. Design: Dave Rutherford. Field editor: Trish Maharam

continued on page 124

Buying information, page 206.

CRISPIER IS TASTIER.

Crispy Wheats 'n Raisins' delicious honey-touched flakes stand up to milk better than any other raisin cereal. And crispier is tastier!



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CRISPIEST FLAKES OF ANY RAISIN CEREAL

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1987 General Mills, Inc. R 5/168

continued from page 122

STOW IT OUTDOORS

Make room for cars in your garage

Bulky lawn and garden equipment compete for garage space with the family car. These five outdoor storage modules help unclutter the garage and permit easy access to tools.

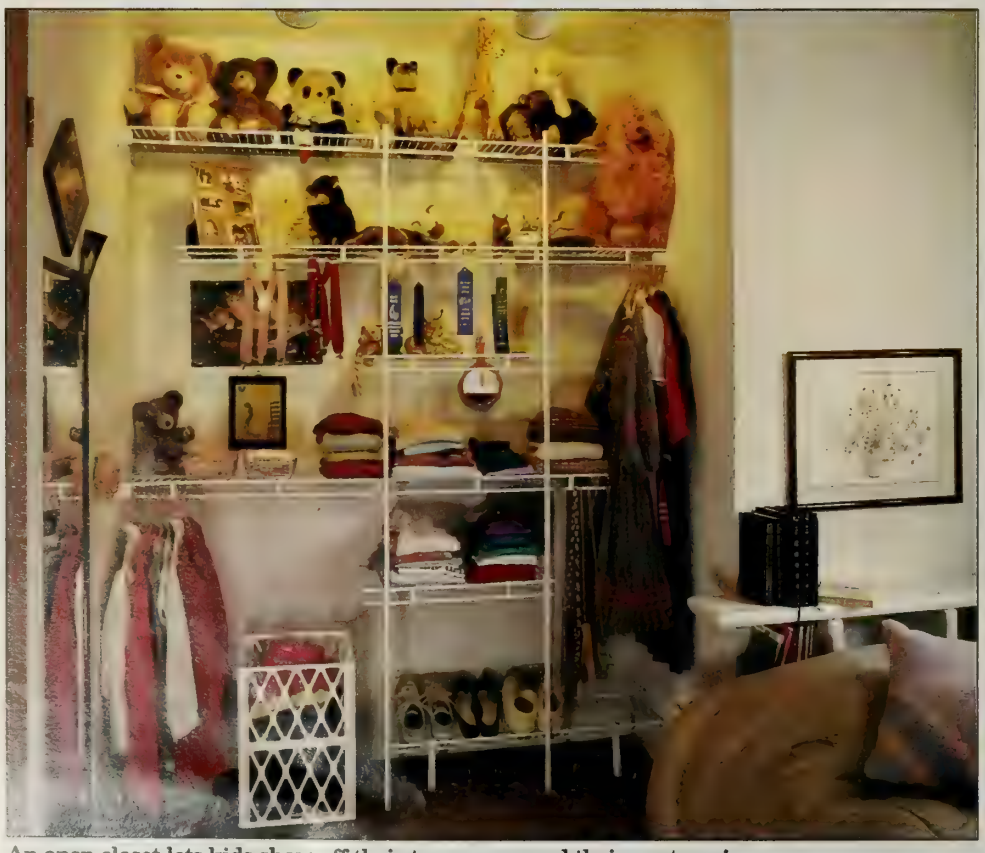
Each 3-foot-square unit is made of 1×8- and 1×4-inch boards and 2×4 framing, and has a waterproof roof. To order plans for the modules—geared for advanced do-it-yourselfers—write to: Western Wood Products Association, Dept. I.P., 1500 Yeon Bldg., Portland, OR 97204. Enclose 50 cents and ask for Idea Plan No. 6.

Photographs: Western Wood Products Association



Each shed fastens to an existing fence. You can build as many units as you need.

Storage modules house lawn and garden equipment, tools, and supplies.



An open closet lets kids show off their treasures—and their neatness!

OPEN UP A CLOSET

Kids take pride in an organized room!

Children find it all too easy to hide clutter behind closet doors in their bedrooms. This family opened up a child's closet to provide easier access to clothing and a place to display awards and collectibles. The open shelves also serve as an incentive to put things neatly in their place.

Working together, the 12-year-old girl and her parents removed the sliding closet doors and knocked out the walls that had enclosed the closet. They patched the damaged drywall, installed track lights, and erected a plastic-coated wire shelving system, all for about $200. BH&G

Photograph: Perry Struse

Buying information, page 206.

VANTAGE

THE HIGH PERFORMANCE CIGARETTE.





9 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC method.

SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

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Shown smaller than actual size of 11" in hei

Something sensational is going on in America's bedrooms.

New one-piece BedSack® and dust ruffle.

The perfect marriage. BedSack® beauty, comfort and protection united with dust ruffle elegance. BedSack Plus® is a one-piece patented* sensation —goes on and off like a fitted sheet, and fitted sheets slip on magically over it. Makes the bed and dresses it up with the ultimate in convenience. Machine washable and dryable.

BedSack Plus. Another Perfect fit innovation.



. better way to sleep

BEDSACK PLUS®

1987 Perfect Fit Industries A Home Furnishings Enterprises company, Monroe, NC 28110
ADE IN AMERICA *U.S. Patent 4,651,370

Du Pont TEFLON® soil & stain repeller
is used on many Perfect Fit products

BEAT-THE-CLOCK COOKING

20-MINUTE OFF-THE-SHELF DINNERS

Great ideas for busy cooks—main dishes made from on-hand ingredients and ready to dish up in less than 20 minutes!

THYME-MUSTARD CHICKEN

- ⅓ cup toasted wheat germ
- ¼ cup fine dry bread crumbs
- 1 teaspoon dried thyme, crushed
- 4 boneless, skinless chicken breast halves (about ¾ pound total)
- ¼ cup mustard-mayonnaise sandwich and salad sauce
- 2 tablespoons cooking oil



SCOTT LITTLE

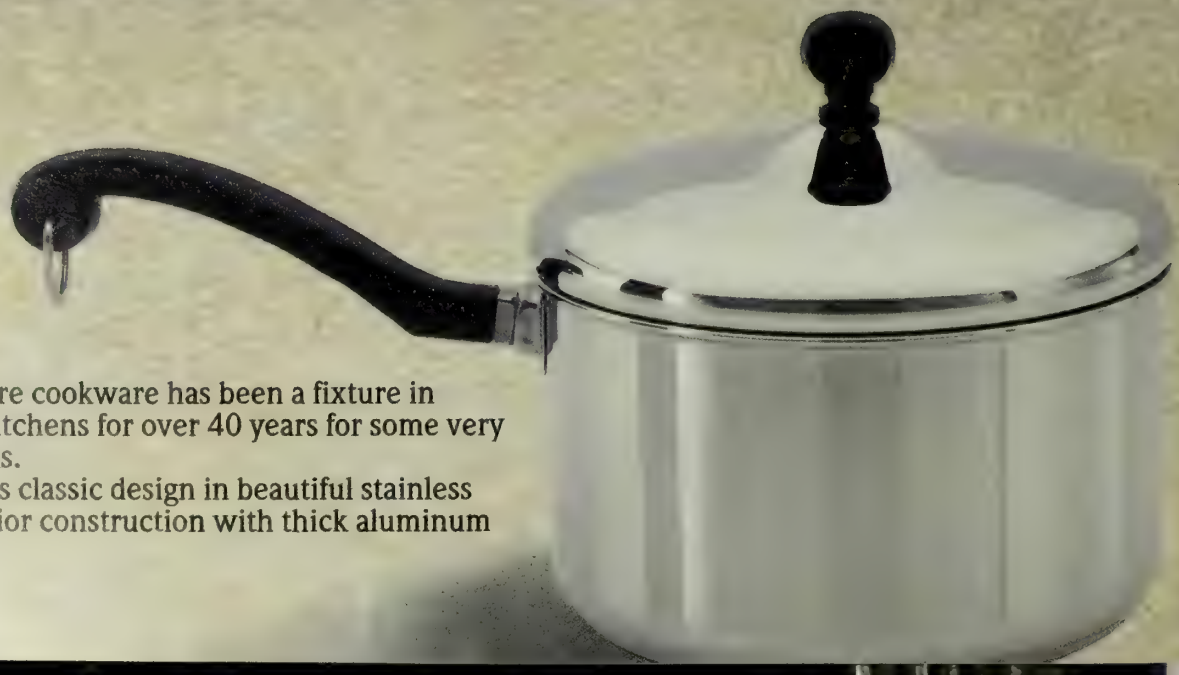
5 MINUTES TO PREPARE, 10 MINUTES IN THE SKILLET

In a pie plate or shallow bowl combine the wheat germ, bread crumbs, thyme, and ½ teaspoon *salt*. Rinse the chicken, then pat dry with paper towels. Brush chicken with mustard-mayonnaise sauce. Roll chicken in crumb mixture to coat.

In a 12-inch skillet cook chicken in hot oil over medium-high heat for 8 to 10 minutes or till tender enough to be easily pierced with a fork and no pink remains, turning to brown evenly. Serve with additional mustard-mayonnaise sauce. Makes 4 servings.

Nutrition information per serving: 307 cal., 23 g pro., 9 g carbo., 20 g fat, 58 mg chol., 446 mg sodium, 1 g dietary fiber. U.S. RDA: 16% thiamine, 51% niacin, 12% iron, 27% phosphorus.

Farberware stainless co
lifetime guarantee beca



Farberware cookware has been a fixture in American kitchens for over 40 years for some very good reasons.

There's its classic design in beautiful stainless steel. Superior construction with thick aluminum

BEEF STIR-FRY ON A PITA

Clockwatcher's tip: get precut vegetables at a salad bar at a supermarket, deli, or fast food restaurant—

- 1 8-ounce can tomato sauce
- 1 teaspoon cornstarch
- 1 teaspoon Italian seasoning, crushed
- 1 teaspoon bottled minced garlic

• • •

- 3 cups sliced mixed fresh vegetables (mushrooms, carrots, zucchini, celery, onion, *or* green pepper strips)
- 1 tablespoon cooking oil
- ¾ pound lean ground beef
- ½ cup grated Parmesan *or* Romano cheese
- 4 large pita bread rounds
- ½ cup shredded mozzarella cheese



4 MINUTES TO GET READY, 15 MINUTES TO COOK

For sauce, stir together tomato sauce and cornstarch; stir in Italian seasoning and garlic. Set aside.

In a wok or large skillet stir-fry vegetables in hot oil about 3 minutes or till crisp-tender. Remove vegetables from wok. Break beef into large chunks. Add to wok. Stir-fry, breaking meat up slightly, about 3 minutes or till brown. Drain beef in a colander; pat dry with paper towels. Wipe fat from wok.

Return beef to wok; push away from center. Stir sauce; add to center of the wok. Cook and stir till bubbly. Cook and stir 1 minute more. Add vegetables; mix well. Cook and stir for 1 minute. Sprinkle with Parmesan or Romano cheese; toss gently. Spoon the mixture atop pita bread; sprinkle with the mozzarella cheese. Makes 4 main-dish servings.

Nutrition information per serving: 589 cal., 43 g pro., 54 g carbo., 22 g fat, 97 mg chol., 721 mg sodium. U.S. RDA: 189% vit. A, 16% vit. C, 29% thiamine, 30% riboflavin, 41% niacin, 37% calcium, 35% iron, 43% phosphorus.

kware comes with a se it lasts a lifetime.

bonded to a heavy gauge body providing quick and even heat distribution. Comfortable, heat resistant handles. Firmly rolled rims for safety and easy cleaning. The range hugging bottoms.

They all add up to a quality cookware that people can't wear out and don't throw out.



While people often add to their Farberware cookware collection, they don't replace it. So we gave Farberware stainless steel cookware a lifetime guarantee. Because as our customers have shown us — FARBERWARE LASTS A LIFETIME.

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KIDDE

America's Favorite
Family Get Together.™



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YOU
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Wrap up some fun for the holidays with these family favorites from the makers of UNO®: Deluxe UNO® and Deluxe SKIP-BO,® special editions for those special get togethers. And don't forget UNO® Dominos, two great American classics together in one great game.

There's a lot of UNO® in every game we make.

© 1987 International Games, Inc.

JIFFY-QUICK BREADSTICK FIX-UPS



SCOTT LITTLE

A can of refrigerated breadsticks makes any one of these!

NUTTY RAISIN-CHIP ROLLS

Grease 8 muffin cups. Separate, but *do not* uncoil 1 package (8) *refrigerated breadsticks.* Spread 1 side of *each* coil with 1 tablespoon *peanut butter.* Combine ¼ cup chopped *peanuts,* ¼ cup *miniature semisweet chocolate pieces,* and 2 tablespoons *raisins.* Dip peanut butter sides of coils in nut mixture. Halve coils crosswise. Place 2 halves, cut side down (nut side toward center) in each muffin cup; lean tops of halves out. Bake in a 325° oven 30 minutes or till golden. Makes 8.

Nutrition information per roll: 255 cal., 9 g pro., 25 g carbo., 15 g fat, 0 mg chol., 328 mg sodium.

CHEESE CRISPIES

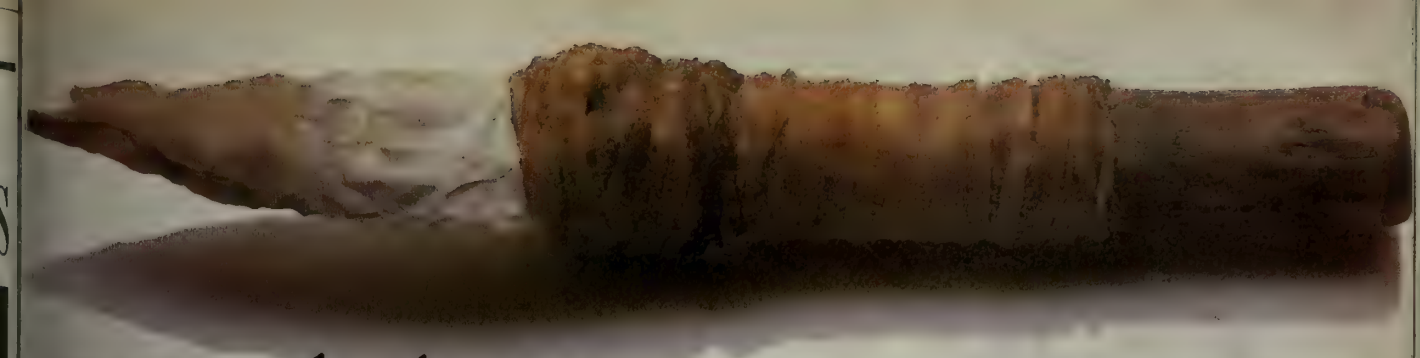
Separate, but *do not* uncoil 1 package (8) *refrigerated breadsticks.* On lightly floured surface roll *each* coil to a 5-inch circle. Place on greased baking sheet; prick with fork. Combine 1 beaten *egg* and 1 tablespoon *water;* brush over circles. Generously sprinkle with grated *Parmesan cheese* or *poppy seed.* Bake in 425° oven 7 to 9 minutes. Makes 8.

Nutrition information per roll: 114 cal., 4 g pro., 17 g carbo., 3 g fat, 35 mg chol., 256 mg sodium.

CREAMY SWEET ROLLS

Grease a 9x1½-inch round baking pan. Sprinkle with ⅓ cup *raisins.* Separate, but *do not* uncoil 1 package (8) *refrigerated breadsticks.* Dip coils in ¼ cup melted *margarine* or *butter.* Combine ⅓ cup *sugar* and 1 tablespoon *ground cinnamon.* Roll coils in sugar mixture. Place coils, 1 coiled side down, in pan. Pour ⅓ cup *light cream* atop. Bake in a 350° oven 25 to 30 minutes. Let stand 2 to 3 minutes. Loosen sides; invert onto plate. Serve warm. Makes 8.

Nutrition information per roll: 222 cal., 4 g pro., 30 g carbo., 10 g fat, 7 mg chol., 305 mg sodium. BH&G



We didn't invent the idea of making knives by hand.

We merely perfected it.



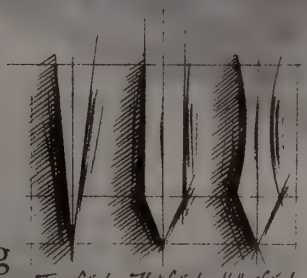
The art of making knives has come a long way from its somewhat crude beginnings.

But no one has advanced the art quite as far as Chicago Cutlery.

We've spent fifty years perfecting the craft of making knives, improving our materials and techniques along the way.

But one thing we haven't changed is our emphasis on hand workmanship. Examine the blade of our knife and you'll see what we mean. We start with fine high carbon steel and put it through several hand grinding and edging steps, to put a smooth tapered edge on our knives.

By contrast, other knives have blades that have been hollow ground or flat ground by a machine, leaving a thick shoulder that makes cutting more difficult. Our taper grind (which is unique among all manufacturers) eliminates the shoulder and reduces the blade's resistance when cutting.



Hand workmanship carries through to the rest of our knife as well. Right down to the solid walnut handles that we carefully shape and finish so our knife won't slip in the hand.

Perhaps the best way to appreciate the fine details of our knife is to hold it in your hand. That's something you can do in the cutlery department of a store near you.

Once you see our workmanship up close, other knives may seem like they're still living in the stone age.

Chicago Cutlery®

The Way All Knives Should Be Made.

NORWEGIAN CHEESES

ADD FOREIGN FLAIR AND FLAVOR TO YOUR COOKING

Now that Norway's cheeses have earned a place in American dairy cases, you can sample their rich, delicious flavor—delectable alone and in cooking.



Artichokes—wrap in cheese and fry—



A 20-minutes-to-fix party idea—



Creamy chowder with vegetables—

SCOTT LITTLE

FRIED NOEKKELOST ARTICHOKE FRITTERS

Noekkelost (pronounced NOK-ol-ost) is a spiced cheese flavored with cumin seed, caraway seed, and cloves—

- **1 14-ounce can artichoke hearts, well drained**
- **1 3-ounce package cream cheese with chives, softened**
- **2½ cups shredded noekkelost cheese *or* caraway cheese (10 ounces)**
- **1 slightly beaten egg**
- **1 cup all-purpose flour**
- **1 cup milk**
- **2 tablespoons cooking oil**
- **Cooking oil for deep frying**

Cut artichokes into quarters. In a small mixer bowl beat cheeses with an electric mixer on medium speed till well combined. Mold about *1 tablespoon* cheese mixture around *each* artichoke heart. Cover and chill 1 hour.

For batter, in a medium mixing bowl combine egg, flour, milk, and oil. Beat with a rotary beater just till combined. Use a fork to dip each chilled artichoke heart into batter.

In a heavy saucepan fry artichokes, a few at a time, in deep hot oil (365°) for 1 to 2 minutes or till golden brown. Drain on paper towels. Serve warm. Makes about 25 appetizers.

Nutrition information per appetizer: 103 cal., 4 g pro., 5 g carbo., 7 g fat, 26 mg chol., 101 mg sodium.

GJETOST FONDUE

Gjetost (pronounced YET-ohst) is a mild-flavored, golden-brown cheese made from goat's milk and cow's milk. Its sweet, caramelized flavor in this appetizer fondue is a perfect complement to French bread cubes or fruit—

- **3 cups shredded gjetost cheese (12 ounces)**
- **3 tablespoons all-purpose flour**
- **1½ cups dry white wine**
- **1 8-ounce can crushed pineapple (juice pack)**
- **French bread cubes, apple wedges, pineapple chunks, peach wedges, pear wedges, *or* mandarin orange sections**

In a medium mixing bowl stir together the gjetost cheese and flour; set aside. In a 3-quart saucepan heat dry white wine till just boiling. Reduce heat to medium. Add the gjetost cheese and flour mixture, ½ cup at a time, stirring after each addition till the cheese is melted. Stir in the *undrained* crushed pineapple.

To serve, transfer cheese mixture to a fondue pot; keep warm. Serve with French bread cubes, apple wedges, pineapple chunks, peach wedges, pear wedges, or mandarin orange sections as dippers. Makes 3 cups.

Nutrition information per 1 teaspoon with a bread cube: 20 cal., 0 g pro., 2 g carbo., 1 g fat, 2 mg chol., and 24 mg sodium.

JARLSBERG CAULIFLOWER CHOWDER

Jarlsberg (pronounced YARLS-berg) is a mild-flavored, firm-textured cheese with holes similar to Swiss. Try Jarlsberg in this creamy chowder or serve it with fruit or in sandwiches, sauces, and casseroles—

- **1 cup coarsely chopped cauliflower**
- **½ cup chopped green pepper**
- **¼ cup chopped onion**
- **½ teaspoon dried thyme, crushed**
- **Dash ground red pepper**
- **1¾ cups chicken broth**
- **1½ cups milk**
- **⅓ cup all-purpose flour**
- **1 cup shredded Jarlsberg *or* Swiss cheese (4 ounces)**

In a medium saucepan combine cauliflower, green pepper, onion, thyme, and red pepper; add chicken broth. Heat to boiling; reduce heat. Cover and simmer for 15 minutes or till the vegetables are tender.

Stir milk into flour; stir into broth mixture. Cook and stir till thickened and bubbly. Add cheese, stirring just till melted. Serve immediately. Makes 4 to 6 servings.

Nutrition information per serving: 222 cal., 15 g pro., 17 g carbo., 10 g fat, 33 mg chol., 455 mg sodium. U.S. RDA: 11% vit. A, 51% vit. C, 10% thiamine, 20% riboflavin, 12% niacin, 40% calcium, 32% phosphorus. BH&G



Don't Wait For An Invitation.

Next time you get that irresistible urge for some delicious Chex® Brand Party Mix, don't wait for an invitation! Just make it yourself, it's worth it.

TRADITIONAL CHEX PARTY MIX RECIPE:

1 stick butter or margarine • 1 1/4 tsps. seasoned salt • 4 1/2 tsps. Worcestershire sauce • 2 2/3 cups each: Corn Chex, Wheat Chex, Rice Chex brand cereal • 1 cup salted mixed nuts

CONVENTIONAL OVEN DIRECTIONS:

Preheated 350° oven. In 15 x 10 x 2-inch baking pan melt butter in oven. Remove. Stir in seasoned salt and Worcestershire. Gradually add cereal and nuts, stirring until all pieces are evenly coated. Bake 20-25 minutes, stirring every 10 minutes. Spread on absorbent paper to cool. Store in air tight container.

MICROWAVE DIRECTIONS:*

In 3 1/2-quart bowl or 13 x 9 x 2-inch microwave-safe dish melt butter on HIGH 1 minute. Stir in seasoned salt and Worcestershire. Gradually add cereal and nuts, stirring until all pieces are evenly coated. Microwave on HIGH 5 to 6 minutes, stirring every 2 minutes. Spread on absorbent paper to cool. Store in air tight container.

*A 650 watt microwave was used. For other wattage ovens, time may need to be adjusted



®

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Chex Party Mix. It's Worth Making.

SIMPLE COUNTRY CANDLESTICKS

EVERYDAY ITEMS WITH A WARM GLOW

Shed a different light with country-style candle holders. Just keep a sharp eye out for common household items that can double as candlesticks. It's an easy way to add an original touch to your table.

▼ BRANCHING OUT

Raid the woodpile for rustic-looking candlesticks. Saw small round pieces of firewood into different lengths, using knotted, branched, and curved pieces for added interest. Drill a ¾-inch hole in the center to hold the candle. Add a light coat of varnish as a finishing touch.



Grandma's old mason jars glow with a whole new look.

◀ OUT OF THE PANTRY

Dust off canning jars to create quick mason-jar luminarias. If your cellar is bare, look for choice candidates at flea markets or antiques shops. Place a few scoops of sand in the bottom of the jars, then plunk in a candle. Group the jars for extra impact!

▼ FIVE-AND-DIME FINDS

Snap up various balls of string and twine for impromptu candlesticks. Simply fit a candle into the center hole, making sure it's snug. Mix the colors to complement your room's decor or your favorite dishes. BH&G



Lengths of firewood make great country candle holders.



PERRY STRUSE

Balls of twine find a new use as last-minute candlesticks.



F. Ramond®

Introducing "Canterbury"

The timeless beauty of "Canterbury" elegance recreated in sparkling polished brass, clear beveled glass and accented with lustrous peach prisms to enhance any Traditional setting



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DRINK DRESS-UPS

SIMPLE GARNISHES ADD STYLE AND FUN



SCOTT LITTLE

Snappy ideas for adding sparkle to beverages.

1. Baby gherkin: Cut a slit in a *sweet pickle;* slip onto a glass of tomato juice.

2. Cinnamon stirrer: Use a vegetable peeler to cut a thin 3-inch-long strip of *orange peel.* Tie around a 3-inch *cinnamon stick.* Secure knot with *whole clove.* Serve with hot *cider* or *wassail.*

3. Fruited ice: Fill an ice cube tray with *water.* Add a *strawberry* to each slot; freeze. Drop into *fruit juice.*

4. Chocolate shavings: Carefully draw a vegetable peeler across the side of a chilled bar of *milk chocolate.* Sprinkle the chocolate shavings over an *ice-cream grasshopper* or *vanilla shake.*

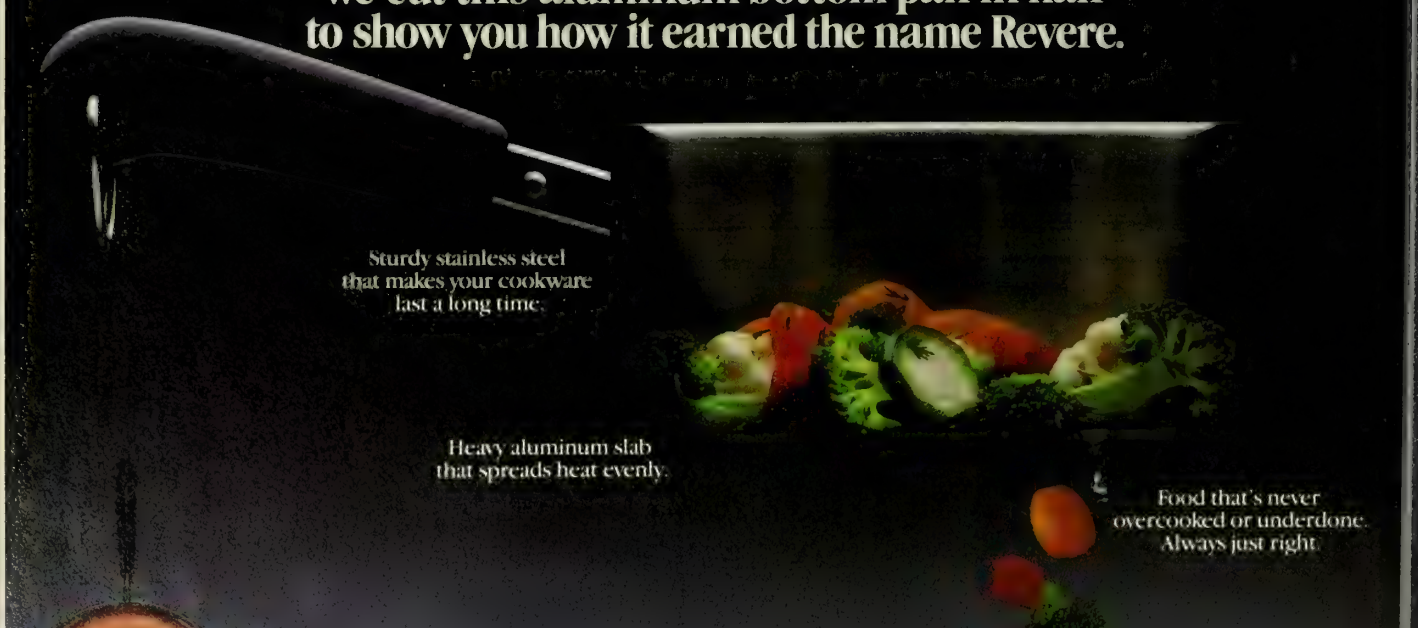
5. Nutmeg poached apples: Poach thin *apple wedges* in a small amount of boiling *water* for 3 minutes. Pat apple wedges dry; sprinkle with *ground nutmeg.* Float the apples wedges on a cup of hot *apple juice* or *cider.*

6. Cherry pineapple: Using a toothpick, spear a *maraschino cherry* with stem onto an unpeeled *pineapple wedge.* Cut a slit halfway through the wedge of pineapple and slide it onto a glass of *pineapple juice* or a *piña colada.*

7. Stargazer: Thinly slice a *carambola (star fruit).* Cut a slit halfway through each slice of fruit and balance on the edge of a glass of *white wine* or *sparkling water.*

8. Cranberry stirrer: Thread *cranberries* onto a 5-inch wooden skewer. Prop the cranberry stirrer in a glass of *cranberry juice cocktail.*

We cut this aluminum bottom pan in half to show you how it earned the name Revere.



Sturdy stainless steel that makes your cookware last a long time.

Heavy aluminum slab that spreads heat evenly.

Food that's never overcooked or underdone. Always just right.

Here's the inside story. The bottom is three layers thick. A heavy aluminum slab between two layers of gleaming stainless steel. For even heat with no hot spots and easy clean up. And it has the same quality craftsmanship, durability and 25-year warranty as our copper bottom cookware. So you see, even cut in half it makes a whole lot of sense.

REVERE WARE

The tradition lives on.

You can put a beautiful Homeflame Gas Fireplace...

anyplace.



The Valor Homeflame™ is so easy to install, you can have the warmth and beauty of a fireplace in just about every room of the house...living room, dining room, bedroom, bathroom, den, attic or even basement. It fits into any existing fireplace, can stand freely or be placed against a wall. And it's simple to operate, too. It starts at the touch of a button.

The Homeflame uses only gas and permanent ceramic logs to produce a natural flame—without wood, without mess.

And with either natural or LP gas, it's three times more efficient than a wood-burning fireplace and costs just pennies per hour to operate.

The Homeflame is available in traditional and contemporary models that will beautifully complement any decor.

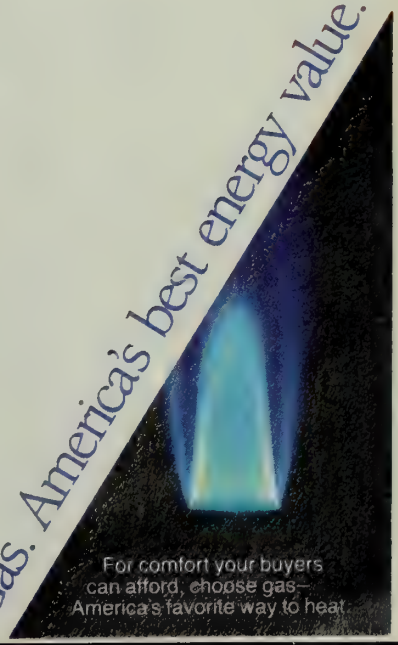
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REMODELING

WEDGE-SHAPED KITCHEN ISLAND

A CLEVER DESIGN UNITES TWO ROOMS

Bill and Julie Stanek's enlarged kitchen combines style with practicality. It has plenty of storage, work surfaces, and room to congregate.

MERGE AND UPDATE

"When we have company, we always seem to end up in the kitchen," says Julie Stanek. That's why the couple knocked out the wall between the 12×10-foot kitchen and their cramped breakfast room to create a 12×17-foot space. New cabinets, sleek appliances, and brass hanging lamps help update the room's ambience.



Island features cooktop, base cabinets, and eating counter.

ISLE DE WEDGE

A triangular island with an extended solid-maple countertop seats four. A textured steel base with steel cabinetry, painted to match the wall cabinets, supports the downdraft cooktop and 8-foot-long counter.

To order Project Plan 50415 for the wedge-shaped island, send check or money order for $6.95 to: Better Homes and Gardens® Reader Service, Dept. 22E, Box 374, Des Moines, IA 50336. BH&G

Photograph: Scott Little. Design: The Architectural Offices of Savage and Findley. Field editor: Maxine Schweiker

Jenn-Air vents up and down.



The Jenn-Air downdraft cooktop has always been considered the ultimate in grill-range cooktops.

But for homes where downdraft ventilation is not possible we're introducing a new updraft model as well.

It offers all the marvelous cooking advantages our famed downdraft does. Outdoor "char-grilling" indoors. Convertible cooktop. Choice of cooking elements and 5 different cooking accessories.

And since it doesn't require downdraft ventilation you can easily replace your existing cooktop and start grilling.

Your Jenn-Air dealer has the uplifting story. He's in the Yellow Pages. Jenn-Air.

For information write Jenn-Air Co. 3035 Shadeland Avenue, Indianapolis, IN 46226. © 1987 Jenn-Air Co.

SWEET AND CREAMY DESSERTS

WITH A TOUCH OF FLAVOR FROM COFFEE

Enjoy the rich mellow flavor of a good cup of java plus the convenience of coffee crystals in these sophisticated treats.



A hint of citrus, a background flavor of coffee in smooth and chewy caramels: Irresistible.



SCOTT LITTLE

The sauce steals center stage. It's also good over a purchased cheesecake, cream puffs, or ice cream.

SHORTCUT CAPPUCCINO CARAMELS

Substituting sweetened condensed milk for cream cuts the cooking time in half—

- **1 cup margarine *or* butter**
- **1 16-ounce package (2¼ cups packed) brown sugar**
- **1 14-ounce can (1¼ cups) *sweetened condensed* milk**
- **1 cup light corn syrup**
- **3 tablespoons instant coffee crystals**
- **½ to 1 teaspoon finely shredded orange peel**
- **1 cup chopped walnuts**
- **1 teaspoon vanilla**

In a heavy 3-quart saucepan melt margarine or butter over low heat. Stir in brown sugar, sweetened condensed milk, corn syrup, coffee crystals, and orange peel. Carefully clip candy thermometer to the side of the saucepan.

Cook over medium heat, stirring frequently, till thermometer registers 248°, firm-ball stage. Mixture should boil at a moderate, steady rate over the entire surface. Reaching firm-ball stage should take 15 to 20 minutes.

Remove saucepan from heat; remove candy thermometer from saucepan. Immediately stir in walnuts and vanilla. Quickly pour the caramel mixture into a foil-lined and buttered 8x8x2-inch baking pan. When caramel is firm, use foil to lift it out of pan. Use a buttered knife to cut candy into ¾- to 1-inch squares. Wrap each piece in clear plastic wrap. Makes about one hundred ¾-inch pieces or about 3 pounds.

Nutrition information per ¾-inch piece: 65 cal., 0 g pro., 10 g carbo., 00 g fat, 1 mg chol., 30 mg sodium.

CHEESECAKE AND COFFEE-PRALINE SAUCE

- **1¾ cups fine graham cracker crumbs**
- **½ cup finely chopped pecans**
- **½ cup melted margarine *or* butter**
- **2 8-ounce packages cream cheese, softened**
- **1 cup sugar**
- **2 teaspoons vanilla**
- **3 eggs**
- **3 8-ounce cartons dairy sour cream**
- **2½ teaspoons instant coffee crystals**
- **½ cup packed brown sugar**
- **1 tablespoon cornstarch**
- **1 tablespoon margarine *or* butter**

Combine crumbs and *¼ cup* of the pecans; stir in ½ cup margarine. Reserve ¼ cup. Press remaining crumb mixture onto bottom and 2½ inches up sides of an 8-inch springform pan or 2 inches up sides of a 9-inch springform pan. Set aside.

Beat cheese, sugar, vanilla, and ⅛ teaspoon *salt* on low speed of electric mixer till smooth. Beat in eggs. *Do not overbeat.* Combine sour cream and *1 teaspoon* of the coffee crystals. Stir into cheese mixture. Turn into prepared pan. Sprinkle reserved crumb mixture atop. Bake in 375° oven 50 to 55 minutes or till nearly set. (A 1-inch portion in center will still jiggle slightly.) Cool on wire rack; chill 4 to 5 hours.

For sauce, in saucepan combine brown sugar, cornstarch, and remaining coffee crystals. Stir in ¾ cup *water.* Cook and stir 4 to 5 minutes or till bubbly. Cook and stir 2 minutes more. Stir in 1 tablespoon margarine till melted. Stir in remaining pecans. Serve warm over cheesecake. Serves 12.

Nutrition information per serving: 531 cal., 8 g pro., 40 g carbo., 40 g fat, 135 mg chol., 370 mg sodium.



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The tradition lives on. First Casablanca Fan Company, and now Casablanca Lighting.

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STRATEGIES FOR SAVVY KITCHEN STORAGE

A PLACE FOR EVERYTHING SAVES TIME AND MOTION

By Julie Gannon Shoop

WANT TO PARE DOWN THE TIME YOU SPEND IN FOOD PREPARATION? A NEW KITCHEN LAYOUT AND CAREFUL PLACEMENT OF SUPPLIES CAN MAKE ALL THE DIFFERENCE. TOSHCHI ABBOTT'S KITCHEN IS A CASE IN POINT.



STEPPED-DOWN STUDY DESK flanks cabinetry with a toaster in a drawer.

"Having everything right where you need it sure makes life easier. I really love working in my kitchen."—Toshchi Abbott

THREE WORK CENTERS

Toshchi's galley kitchen is divided into three work centers: one for food preparation, one for baking, and one for cleanup. This allows Toshchi to work on several projects at once.

In the main work area, everything is within an arm's reach or a short step. Extra-deep counters allow Toshchi to set out utensils and ingredients without shortchanging work space. A spice rack and pantry cabinet (*right*) store frequently used supplies above the counter; below, pullout bins keep rice, potatoes, and onions handy. The inside rim of the range hood is fitted with sliding hooks for more on-the-spot storage.



THIS PETITE COOK pulls out a built-in step to reach the back burners. Another step in front of the pantry lets her reach overhead for spices.



DOOR-MOUNTED SHELVES provide extra storage in the pantry.

A LITTLE LIFT

Toshchi, at 5 feet 2 inches tall, knew she would need help reaching items at the back of the deep counters and overhead. Two pullout steps that tuck into the baseboard do the trick.

BREAKFAST STORAGE

A cabinet fitted with drawers stores breakfast supplies (*above left*). The top drawer holds a toaster (the electrical outlet is at the back). Bread goes below, and a study desk fits at the end.

Julie Gannon Shoop is a free-lance building writer.

Photographs: Laurie Black/Roslyn Banish, Arx Photography
Kitchen design: Jane Phibbs. Field editor: Helen Heitkamp

PLYMOUTH
THE PRIDE'S
INSIDE.



VOYAGER. THE

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•The only minivans with a 7/70 Protection Plan*

•Versatile seating for 5, 6, 7 or 8.**

•Up to 150 cubic feet of carrying space. More room than Ford Aerostar.

•Easy liftback design.

•Extensive use of rust-resistant galvanized steel.

•Stainless steel exhaust system.

•14" steel-belted radial tires.

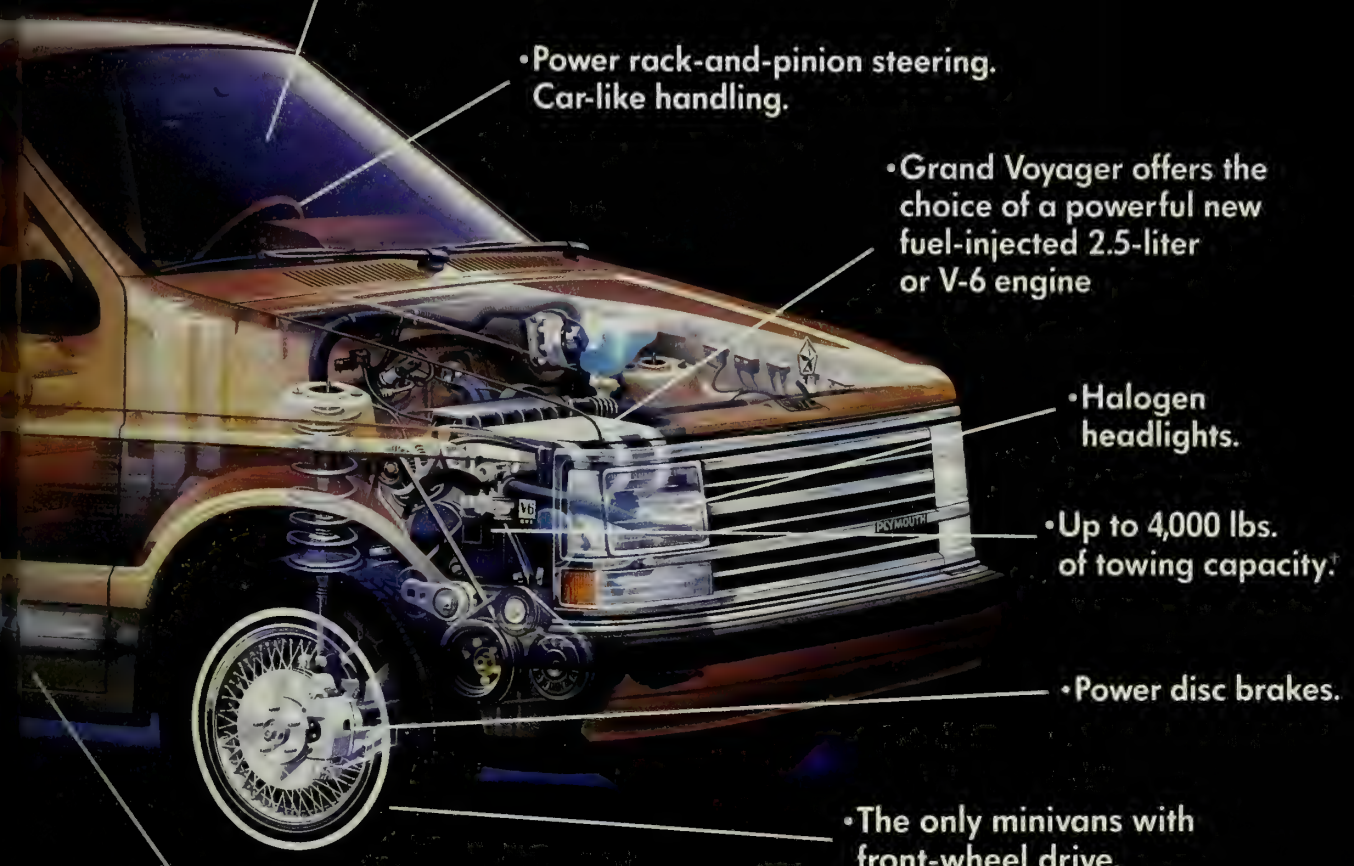


PLYMOUTH GRAND VOYAGER LE

°J.D. Power and Assoc., 1987 Compact Truck CSI/customer satisfaction with product quality and dealer service on 1986 models. *Protects engine and powertrain

PRIDE'S INSIDE.

IES HAS FRONT-WHEEL DRIVE, CHOICE OF SIZES AND ENGINES.



7/70

Division of Chrysler Motors

rs or 70,000 miles and outer body rust-through for 7 years or 100,000 miles. See limited warranty at dealer. Restrictions apply. **Seating for 8 available only on Grand Voyager SE with 3.0L engine, auto. trans. and front bench seat. †With optional heavy-duty trailer towing package.

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STILL THE ONLY MINIVANS WITH FRONT-WHEEL DRIVE, EASY STEP-UP, CAR-LIKE HANDLING AND COMFORT. AND PROTECTED FOR 7 YEARS OR 70,000 MILES.*







Voyager







Grand Voyager





The Pride's Inside Plymouth Voyager. That's why they offer more choices, more value† and more protection than any other minivan. Pride gives Voyager excellent fuel economy: 28 EPA est. highway MPG, 21 EPA est. city MPG.†† And it gives Grand Voyager 150 cubic feet of carrying space.

Pride built Voyager with long-term quality. It has the highest customer satisfaction of any minivan, domestic or import.°

And pride protects you. Only the Plymouth Voyager Series is backed by a 7-year or 70,000-mile Protection Plan.

Examine every dimension of Plymouth Voyager and you'll see why The Pride's Inside. Before You're Inside.

Plymouth 7/70
Division of Chrysler Motors

†Sticker price comparison of comparably equipped 1987 competitive minivans. ††Voyager with 2.5L and manual trans. °J.D. Power and Assoc., 1987 Compact Tr... Customer satisfaction with product quality and dealer service on 1986 models. BUCKLE UP FOR SAFETY.

HOME IMPROVEMENT CONTEST

THE BETTER HOMES AND GARDENS HOME IMPROVEMENT CONTEST WINNERS

GREAT JOB!

Congratulations to more than 100 winners—and to the thousands of homeowners who entered our contest. The quality of your work exhilarated and inspired us. On the following pages you'll see our three Grand Prize Winners. In January, we'll show you six more winners, and we'll also announce our next contest.

The Better Homes and Gardens Building Editors

Joan McCloskey
Barbara A. Lewis
Gregory D. Cook
Dave Freedman



$11,000 WINNERS

HOME IMPROVEMENT CONTEST

GRAND PRIZE

UP-AND-OVER ADDITION



Jim and Leslie Genova, with Natalie, 13, and Nathan, 10.

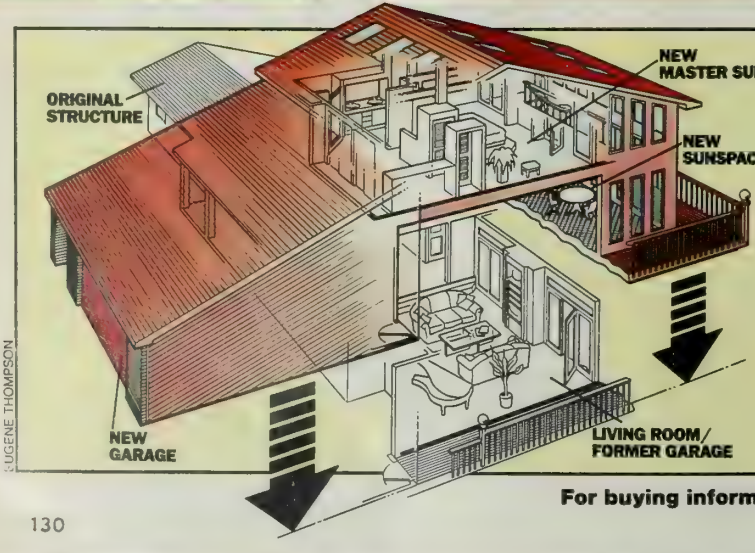
Wow! For $50,000, and a considerable amount of do-it-yourself effort, the Genovas transformed their typical ranch house into a real showplace. The contest judges especially liked the vaulted spaces and natural lighting throughout the Grand-Prize-winning addition.

"For us, remodeling is a family affair. Working together keeps us close and gives everyone a sense of accomplishment. It brings joy."

—THE GENOVAS, Williamston, Michigan







EUGENE THOMPSON

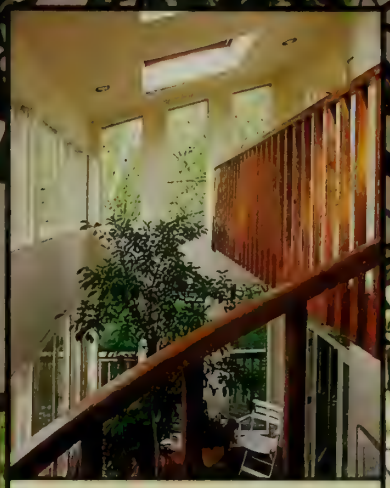
WHAT THEY DID

When the Genovas bought their house fifteen years ago, it was a one-story rectangle with a garage stuck at one end. The first step in their remodeling was to build a new garage directly in front of the old one and put the living room where cars used to be. That change alone produced an additional 440 square feet of living space.

Then, by lofting a new roof up and over the existing house, they gained an upstairs master suite that overlooks a dramatic sunspace on the back of the house. Net gain: 1,232 square feet, almost doubling the size of their house.

PHOTOGRAPHS: JIM HEDRICH, HEDRICH-BLESSING. ARCHITECT: GREG HOUGHTALING

For buying information, see page 206.



NEW SUNSPACE

Filtered daylight from south- and west-facing glass brightens the two-story space. Spiral stair leads to the master suite.



HOME IMPROVEMENT CONTEST

GRAND PRIZE
UP-AND-OVER ADDITION

LIFE ON A NEW LEVEL ▶

Dreaming of a starlit evening? The Genovas' bed makes the perfect platform. It seems to float on its carpeted pedestal under a vaulted ceiling with exposed beams. Large skylights set into the roof extend your view to the sky. A freestanding headboard/partition wall separates the bathroom and bedroom without blocking a ceiling-high view to both spaces.

◀ ABOVE IT ALL

Palladian-style windows mounted close to the floor open the west wall to a treetop view. Operable casements flank a fixed center pane topped by a fanlight. When the late afternoon sun becomes too strong, accordion shades cover the glass.



▲ HANDY DRESSING AREA

At one end of the bathroom, a dressing area provides stacks of storage. Two closets and a double set of drawers keep clothes close at hand.



▲ SINK AND SHOWER

Opposite the dressing area, a corner shower with blue ceramic tile and white grout contrasts handsomely with the vanity's white laminate and plastic pulls.



$5,000 WINNERS!

HOME IMPROVEMENT CONTEST

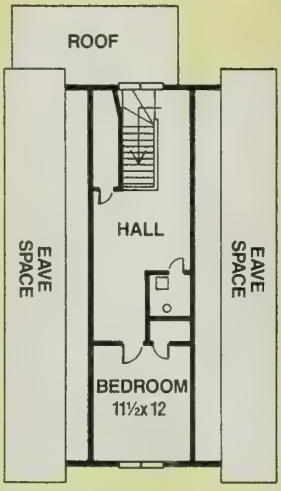
GRAND PRIZE RUNNER-UP

AIRY ATTIC MASTER SUITE

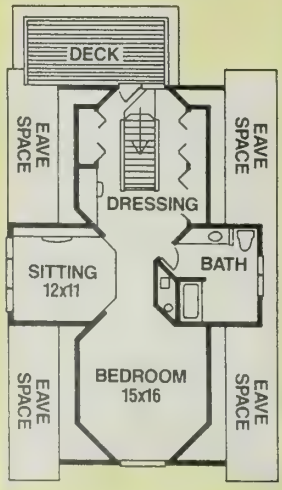


Cathy and Tom Wood, with Patrick, 2, and Melissa, 6.

BEFORE
The old 500-square-foot attic had few windows for light or fresh air.



AFTER
Tom and Cathy built opposing dormers to gain 250 square feet.



ILLUSTRATIONS: CARSON ODE. PHOTOGRAPHS: MIKE JENSEN. ARCHITECT: TOM WOOD. FIELD EDITOR: TRISH MAHARAM

"This sunny retreat really lifts our spirits, especially when we get up in the morning. All the natural light coming through the windows helps us cope with the long Montana winters."

—THE WOODS, Bozeman, Montana



Expecting their second child, Tom and Cathy Wood expanded their home by converting a dark, narrow attic into a bright, roomy master suite. Providing all the labor except the plumbing and some finish carpentry, the couple spent only $8,000 on the project.

EAST VIEW ▶
The Woods raised the roof and ceiling to a gabled peak and exposed the existing collar beams. They also moved the walls out and extended the ceiling to gain floor space in the bedroom.

◀ WEST VIEW
A door at the top of the stairs leads to the deck, which overlooks the backyard. Three closets provide ample clothes storage.

For buying information, see page 206.



HOME IMPROVEMENT CONTEST

GRAND-PRIZE RUNNER-UP

AIRY ATTIC MASTER SUITE

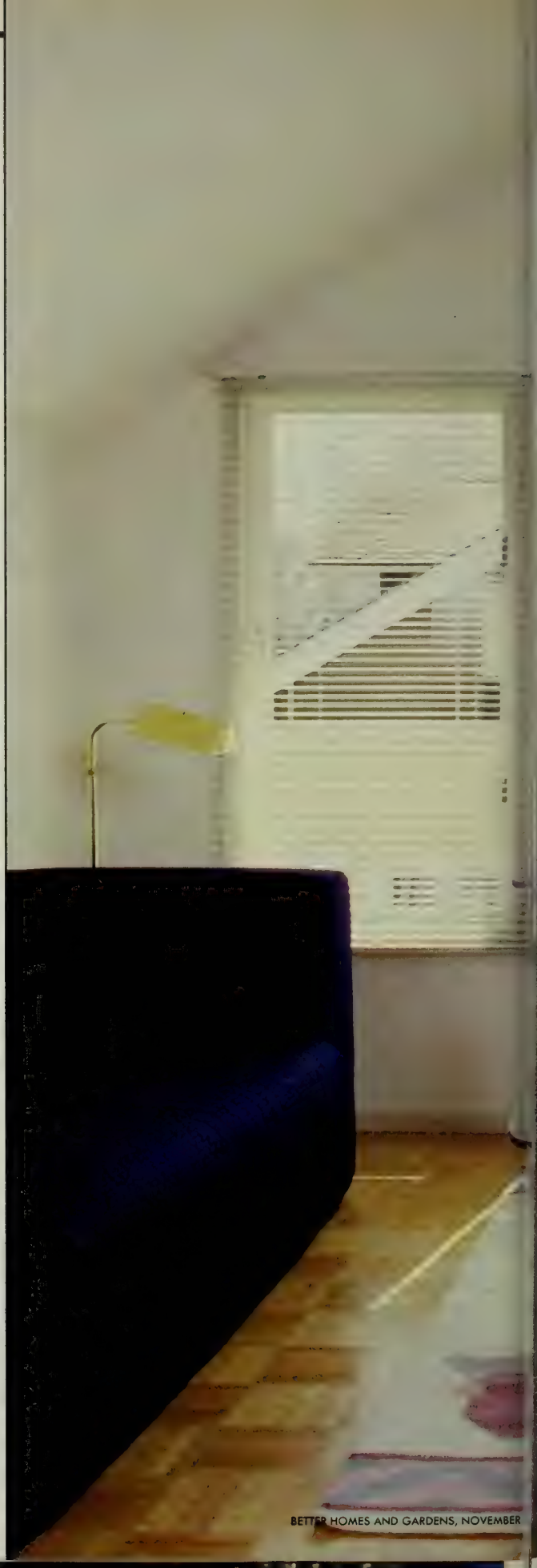




▲ HOMEWORK DESK
Tom, a college professor, grades papers at this desk in the evening. Cathy, a dental hygienist, pays bills here.

▲ BEDROOM
In the east-facing bedroom, a skylight provides summer ventilation and a view of Montana's big sky, where the stars are spectacular.

SITTING ▶
The sitting room occupies the south-facing dormer. The Woods built the dormer walls, and enlisted friends to help raise them.





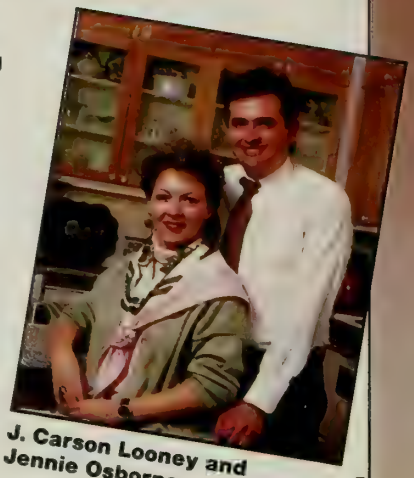
$5,000 WINNERS!

HOME IMPROVEMENT CONTEST

GRAND-PRIZE RUNNER-UP

OPENED-UP, LIVE-IN KITCHEN

Inspired by the crisp styling of European kitchens, Carson and Jennie spent $35,000 on remodeling to gain a feeling that is "light and airy, yet warm and inviting."



J. Carson Looney and Jennie Osborne



Originally, a partition separated the kitchen and the sunny, bay-windowed breakfast room.

"We wanted a kitchen we could cook in, eat in, and live in. When friends visit, they always end up here."

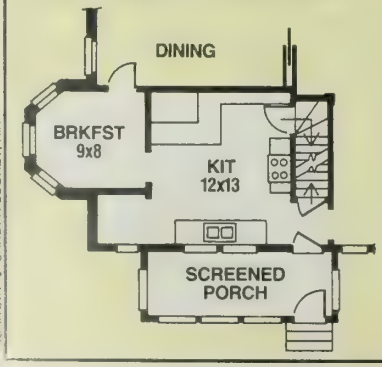
—THE LOONEYS, Memphis, Tennessee

PHOTOGRAPH: HOPKINS ASSOCIATES. FIELD EDITOR: MARY ANNE THOMSON



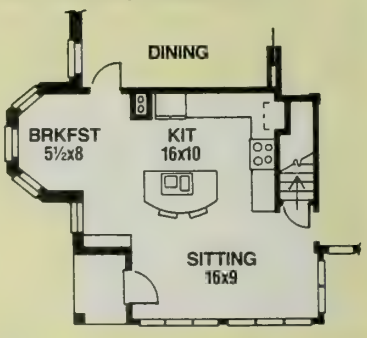
BEFORE

The old kitchen was isolated within a warren of tiny rooms.



AFTER

A laminate-clad island rounds out the newly opened kitchen.



ARCHITECT: J. CARSON LOONEY, AIA

For buying information, see page 206.



HOME IMPROVEMENT CONTEST

GRAND-PRIZE RUNNER-UP

OPENED-UP, LIVE-IN KITCHEN

PHOTOGRAPHS: HOPKINS ASSOCIATES; FIELD EDITOR: MARY ANN THOMSON



▲ WORK CORE

A second tier of cabinets provides extra storage and complements the high transom windows on the outside walls.



The Looneys tore out a wall, and set their sink into an island that overlooks the backyard.



▲ MICROWAVE

To conserve counter space and maintain a sleek Euro appearance, Carson and Jennie recessed their microwave oven into the stairwell.

SITTING AREA ▶

Enclosing a screened porch created sunny, new living space. Natural wood flooring, crisp white walls, and pale pink ceilings unify the ins and outs of oddball areas.



THE SEASON'S BEST GIFT PLANTS

By Douglas A. Jimerson

Surprise the gardeners on your holiday shopping list with an indoor plant to grow and enjoy all winter long. Here's our pick of some of the best mail-order varieties available.



FANTASTIC FERN

Fern fanciers will love the new Dallas fern. The bright green fronds stay perky even in a dark, dry corner. Dallas ferns come in a round planter with a 4-inch center hole so you can sink a blooming plant into the foliage.

CHRISTMAS CROCUSES

An imported blue and white delft pot packed with ready-to-bloom crocuses makes an ideal gift for winter-weary gardeners. Each pot is planted with nine top-size crocus bulbs that have been nursed into sprouting stage. All they need is a little water to make them flower. In just four weeks the plant will burst into bloom.



LOVELY LILY-OF-THE-VALLEY

The lily-of-the-valley is so easy to grow that even nongardening friends will have no trouble raising a bouquet of sweetly scented flowers. Because they've been forced (given an artificial winter), the plants require only a splash of water to bring them into full bloom. Each pot contains five plants.



FRAGRANT FREESIAS

Potted freesia bulbs produce arching sprays of exotic, perfumed flowers. The bulbs grow best on a cool, sunny windowsill and take about 12 weeks to bloom.

A stoneware pot of freesias includes a dozen bulbs, potting soil, and stem support. You have a choice of flower colors. The white variety (*right*) is called Ballerina.



FABULOUS FLUTTERBY

Growing just 8 inches tall, the newly introduced Flutterby syngonium tolerates a wide range of conditions including dryness, low light, and low humidity. Unlike other syngoniums that require constant pinching to keep them under control, Flutterby stays compact and bushy. Just give it a bright spot and water when the soil dries.



TOPIARY ROSEMARY

Rosemary plants (*Rosemary officinalis*) pruned to look like miniature trees are as good looking as they are edible. Snippings can be used in the kitchen to spice up recipes. These aromatic, bright green plants prefer cool, sunny rooms and dry soil. When warm weather arrives, move the plants outdoors for the summer.



JANUARY JASMINE

Spirit-lifting, fragrant white flowers cover every branch of *Jasminum polyanthum* during January and February. These lovely plants are budded at the nursery, so they'll bloom practically anywhere without a lot of fuss. However,the vines do prefer a cool spot with some natural light. Keep plants slightly moist.



PHOTOGRAPHS MARIS/SEMEL. FIELD EDITOR BONNIE MAHARAM

To order fern, crocus, lily-of-the-valley, and Flutterby, see page 199.
To order freesia, rosemary, and jasmine, see buying guide, page 199.

HOLIDAY ACCENTS



By Jim Williams and
Jilann Severson

Hold everything! Put your bowls to work this season as eye-catching holiday attractions. Stuff them with anything from shiny bells to clove-studded fruits—there's no limit to ways of showing the Christmas spirit!

BUYING INFORMATION, PAGE 206.

JINGLE ALL THE WAY

Create a glitzy display of golden jingle bells in a crystal bowl. Add a snippet of greens and a red ribbon for the traditional cheer.

●"Optika" by Lenox, $52.



PERRY STRUSE

TWISTS ON TRADITION

Ditch the florist's foil, and set off a plant with holiday tissue and a wooden bowl. Lemons and limes in a classic pedestal throw a curve on the traditional pomanders.

●"Arena" by Vietri, $138; "Warmestry White" by Royal Worcester, $45.



SILVER SHIMMERS

Play with contrasting textures by combining ordinary walnuts, pinecones, and boughs with sterling silver bowls and metallic ribbons.

●"Oriental Wok" by Kirk Stieff, $150; "Salem" by Reed and Barton, $85.

By The Bowlful



SILVER BEAD WRAPPINGS

Give a mundane arrangement of Bosc pears in a low-lying pasta bowl a gala spirit with a garland of silver beads. Then set it off with a pine-bough place mat.

●"Country Squire" by Hartstone, $47.50.



CHRISTMAS BLUES

Cradle a special present in a spectacular art glass bowl for a festive touch. Or break the rules and leave some tree ornaments in a crystal bowl.

●"Minos," $120, and "Atlantic," $350, by Kosta Boda.



BOTANICAL ACCENTS

Who says all the fruit should be in the bowl? Scatter some on the outside in a bed of greens for an unusual Christmas centerpiece.

●"Arzburg Color Fruit Bowl" by Hutschenreuther, $40.



YULETIDE TULIPS

Bring the mixing bowl out of the cupboard and give it a whole new personality with a candle, pine branches, fresh flowers, and beads.

●"Black Agate" by Bennington Potters, Inc., $55.

CRANBERRIES!

NOW'S PRIME TIME TO ENJOY THESE TANGY, RUBY RED JEWELS IN NEW WAYS

By Barbara Greenwood

EASY FILLED-LADDER LOAF

Serve one loaf now, freeze the other for later. Just omit brushing milk and sugar over the loaf you plan to store—

1 cup milk
2 tablespoons butter *or* margarine
1 16-ounce package hot roll mix
1 teaspoon apple pie spice
1 slightly beaten egg

• • •

1 cup Cranberry-Tangerine Conserve (recipe at right)
½ cup coconut
Milk
Sugar

● **Grease two baking sheets;** set aside. In a small saucepan heat milk and butter or margarine, stirring constantly till warm (115° to 120°) and butter or margarine is almost melted; set aside.

● **In a large mixing bowl combine** flour mixture and yeast from roll mix with apple pie spice. Add milk mixture and egg. Mix till combined and dough pulls away from sides of bowl. Turn out onto a lightly floured surface; knead for 5 minutes or till smooth. Halve dough. Cover and let rest for 10 minutes.

● **On a floured surface, roll** *half* of the dough to a 12x10-inch rectangle. Transfer to a baking sheet. In a small mixing bowl combine Cranberry-Tangerine Conserve and coconut; spread *half* of the mixture lengthwise down center third of dough. Make 3-inch-long cuts at 1-inch intervals on both long sides. Fold strips diagonally over filling, overlapping strips. Brush dough strips with a little milk and lightly sprinkle with sugar. Repeat with remaining dough and conserve mixture for a second loaf. Cover; let rise till nearly double (30 to 45 minutes).

● **Bake loaves** in a 350° oven for 25 to 35 minutes or till done, covering with foil after 20 minutes to prevent overbrowning. Makes 2 loaves, about 12 servings each.

Nutrition information per serving: *126 cal., 3 g pro., 23 g carbo., 3 g fat, 16 mg chol., 152 mg sodium.*

CRANBERRY-TANGERINE CONSERVE

A pretty spread that's just right for gift-giving. Personalize each jar with a label and ribbon-tied fabric over the lid. Tie the recipe for the bread to the jar—

3 or 4 tangerines *or* tangelos
2 cups water

• • •

1 12-ounce package (3 cups) cranberries

• • •

1 1¾-ounce package powdered fruit pectin
6½ cups sugar
1 cup chopped walnuts

● **Remove peels** from tangerines or tangelos; scrape off excess white membrane from inner peel with a sharp knife or vegetable peeler. Cut peels into very thin strips. Reserve *¾ cup* peel strips; discard remaining. In a 6-quart kettle or Dutch oven combine peels and water. Bring to boiling; reduce heat. Cover and simmer for 10 minutes. *Do not drain.*

● **Meanwhile, remove** any white membrane from tangerine or tangelo fruit. Chop tangerines or tangelos, reserving juices; discard seeds. You should have *1⅓ cups* chopped fruit. Add chopped fruit, reserved juices, and cranberries to the peel mixture. Return to boiling; reduce heat. Simmer, covered, for 10 minutes.

● **Uncover; stir in pectin.** Bring to boiling; stir in sugar. Bring to a full rolling boil; boil hard for 1 minute, stirring constantly. Stir in walnuts. Remove from heat; skim off foam.

● **Ladle** into hot, clean half-pint jars, leaving a ¼-inch headspace. Wipe jar rims; adjust lids. Process in a boiling water bath for 15 minutes (start this timing when the water boils). Makes 8 half pints of conserve.

Nutrition information per 2 teaspoons: *32 cal., 0 g pro., 7 g carbo., 0 g fat, 0 mg chol., 0 mg sodium.* BH&G

Buying information, page 206.

PHOTOGRAPH: M. JENSEN PHOTOGRAPHY, INC. FOOD STYLIST: MARIA ROLANDELLI


CRANBERRY-TANGERINE CONSERVE
A conserve is simply a jam with crunchy nuts added.
EASY FILLED-LADDER LOAF
Here's just one delightful way to savor this conserve.

AN ELEGANT THANKSGIVING MADE EASY

By Lynn Hoppe

TERRIFIC TURKEY
THREE SCRUMPTIOUS STUFFING CHOICES



PHOTOGRAPHS: TIM SCHULTZ. FOOD STYLIST: JANET HERWIG

TURKEY WITH SAUSAGE-RICE STUFFING

Sweet contrasts with savory in this easy-fix, rice-mix stuffing accented with apple, raisins, carrots, and Polish sausage.





TURKEY WITH CHESTNUT-FIG STUFFING

Treat yourself to seconds of this festive, chunky corn bread stuffing. It's loaded with figs, chestnuts, mandarin oranges, and pecans.



◀ TUCK IN DRUMSTICKS

Tuck the ends of the turkey drumsticks under the band of skin across the tail. No band of skin on your turkey? Tie the legs securely to the tail with string. This will help your bird hold its shape.



◀ TWIST WING TIPS UNDER

Pull the neck skin to the back of the bird. Then, twist the wing tips under the back to hold the neck skin in place. Now you're ready to roast your turkey to perfection.

TURKEY WITH FENNEL-SEAFOOD STUFFING

Snip feathery fennel leaves to season the delectable crab and shrimp stuffing. Then, steam the licoricelike fennel bulb as a delicious vegetable side dish.

Recipes begin on page 160.

SIDE DISHES
MAKE THEM AHEAD FOR A NO-FUSS FEAST





▲ **USE CABBAGE LEAVES AS LINERS**

With a small sharp knife cut the core from a small head of cabbage. Remove eight of the large outer leaves to use as liners for the vegetable mixture.

HARVEST VEGETABLES WITH EDAM CHEESE

So you can enjoy the good company when your guests arrive, get this creamy cabbage and potato side dish oven-ready on the eve of the feast.





▲ **LINE THE MOLD**

Sprinkle the sides, not the bottom, of greased molds with an almond-parsley mixture. Fill the molds with the pureed vegetables. Then, chill the vegetable mousses for up to two days.

CARROT-PARSNIP MOUSSE

These individual molds of hot pureed vegetables with a whisper of orange-nutmeg sweetness are a delightful accompaniment to baked ham.



▲ **SHAPE BREAD BRAID**
Shape the braided dough into a figure eight around balls of foil; tuck ends under in center. Let rise; bake, then freeze till needed.



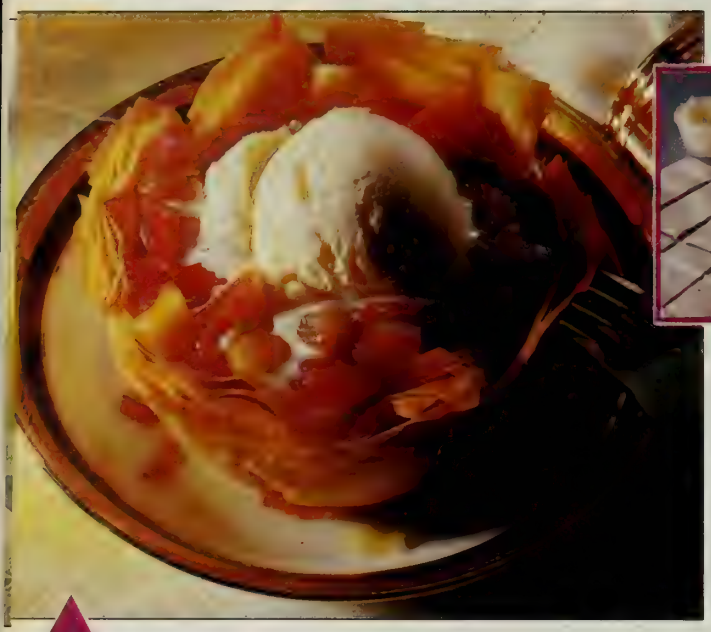
▲ **DRIZZLE SOUP WITH CREAM**
Here's an elegant and easy dinner idea: Just before dinner, drizzle parallel lines of cream on individual servings of soup. Draw a knife through lines to make points.

PUMPKIN-MUSHROOM SOUP; WILD RICE BRAID

Let the feast begin with this warm and rich, tradition-steeped pumpkin soup. For a perfect complement to the creamy, savory soup, serve a knot of this classy, crisp-crusted bread speckled with wild rice and sweet chunks of apple.

Recipes begin on page 166.

GLORIOUS PIES
HOW TO ADD FESTIVE FLAIR



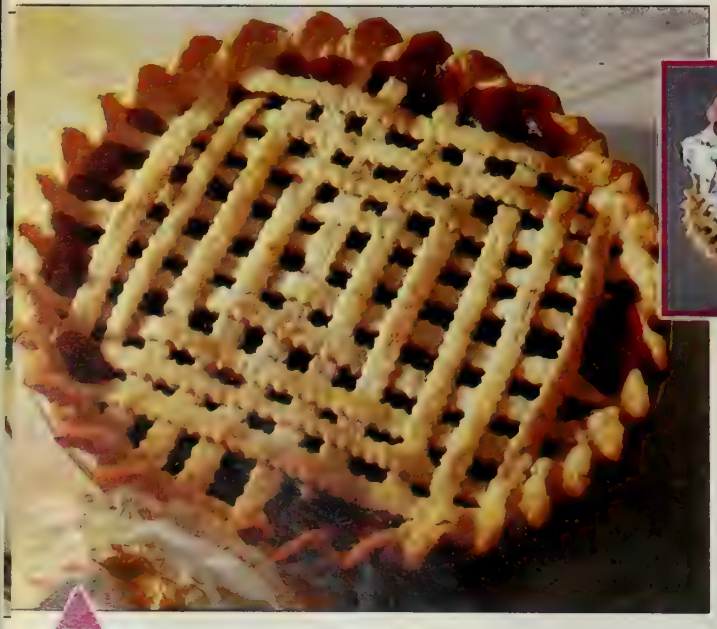


▲ **PIECE TOGETHER PHYLLO CUPS**

Layer and cut thawed phyllo dough into 18 strips. Cover the bottom of six greased custard cups with the strips of phyllo dough.

APRICOT-APPLE TARTS

An ultraflaky crust made from frozen phyllo dough cradles the tangy fruit filling. Topped with ice cream, these pie cups are simple to make, hard to match.



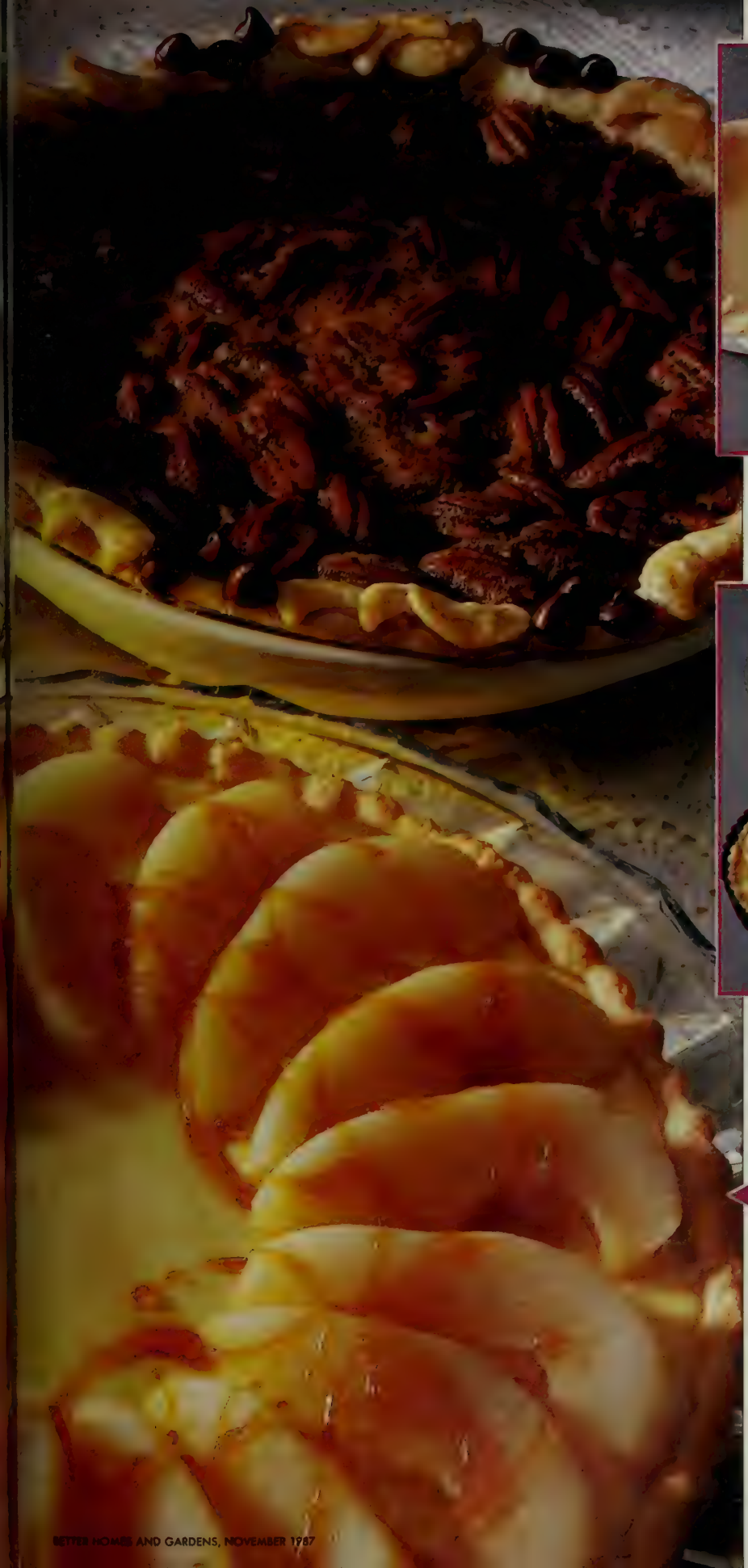


▲ **SHIELD FOR PERFECT BROWNING**

For a just-right, golden-brown crust, cut an 8-inch circle from the center of a piece of foil. Drop foil over center of pie, covering edges with the foil.

GINGERBERRY LATTICE PIE

Showcase this sweet-tart cranberry and pineapple pie in a herringbone variation on the lattice-topped pie. See how it's done on *page 172*.





▲ **DECORATE EDGE WITH CUTOUTS**
Use a miniature cutter or knife to cut shapes from rolled-out dough scraps. Brush pie edge with water. Arrange cutouts around edge.



▲ **DRIZZLE CARAMELIZED SUGAR ATOP FLAN**
Just before you bring the flan to the table, use a spoon to drizzle caramelized sugar back and forth over top of flan.

CHOCOLATE-PRALINE PIE; CARAMEL-PEAR FLAN

Give your family a delectable choice—the velvety custard flan with a caramel gossamer or the chunky, chocolaty pecan pie. Better yet, offer a sliver of each.

For pastry-making tips, see page 158.
Recipes begin on page 170.
BUYING INFORMATION, PAGE 206.


WHAT'S AT THE
BOTTOM OF A BOWL
OF CAMPBELL'S® SOUP?
© 1987 Campbell Soup Company





There's a lot that's good for you at the bottom of a bowl of Campbell's Soup. And since eating right is just as important as exercise when it comes to looking and feeling better, why not stir up a bowl today?

FIBER.

When most people think of fiber, they automatically think of bran cereal. But you can also think of soup. Because some Campbell's Soups are a delicious source of fiber. In fact, a serving of one of our Bean or Pea Soups has as much fiber as a serving of many bran cereals. They're low in fat, too. Which is good news, since the National Cancer Institute says that a diet high in fiber and low in fat may help reduce the risk of some kinds of cancer.



LOW FAT and LOW CHOLESTEROL.

Did you know that most of Campbell's Soups are low in fat and cholesterol? For example, a serving of regular Chicken Noodle, or new Special Request™ with one-third less salt, is low in fat and has just 15 milligrams of cholesterol. And that's especially good to know, because research tells us that a diet low in fat and cholesterol may help reduce the risk of some forms of heart disease.



CALCIUM.

When you prepare a can of Campbell's Tomato, Cream of Mushroom or Cream of Celery Soup with a full can of milk, you have more than just a delicious cream soup. You have a delicious source of calcium. In fact, one serving provides you with 10% of your daily requirement. And that's good for your body. Because calcium helps keep your bones and teeth strong.



AT THE BOTTOM OF IT ALL SOUP IS GOOD FOOD.

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

● With each recipe we give important nutrition information. The calorie count of individual servings and the amount, in grams, of protein, fat, cholesterol, and sodium help you keep tabs on what you eat.

● Also, you can check the vitamin and mineral levels per serving of each recipe. Vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (U.S. RDAs are standards developed by the Food and Drug Administration.)

● When a recipe is high in fiber, we'll include grams of fiber per serving.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

HOW WE ANALYZE

● When ingredient options appear, we use the first choice for the analysis.

● We omit optional ingredients from the nutrition analysis.

● We use the first serving size listed.

● When milk is an ingredient, we base nutrition information on *low-fat* milk.

WHAT YOU NEED

Use our recipe analyses to chart the nutritional value of the foods you eat. These simple guidelines are based on daily needs of females, 23 to 50 years old (in general, males and teenagers need more calories):

calories—2,000
protein—45 to 65 grams
fat—67 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams
fiber—25 to 35 grams

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall.



Reynolds® Oven Cooking Bags

GLORIOUSLY SIMPLE!

THANKFULLY SIMPLE TURKEY

1 tablespoon flour
1 turkey size (19" x 23½") Reynolds® Oven Cooking Bag
1 medium onion, sliced
2 stalks celery, sliced
16 to 20 pound turkey, thawed and rinsed
2 tablespoons vegetable oil

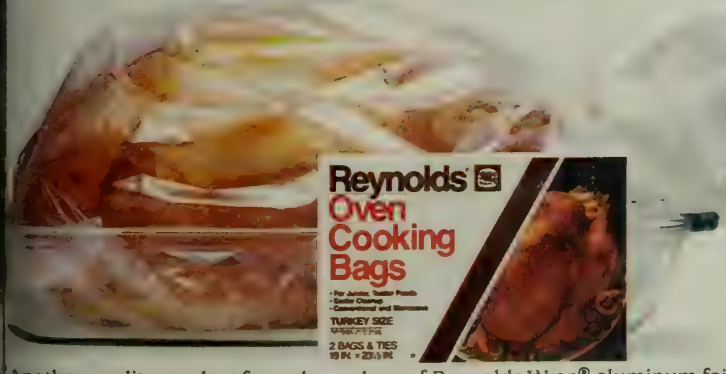
Preheat oven to 350° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Place onion and celery in bag. Remove neck and giblets. Lightly stuff, if desired. Brush with oil. Place turkey in bag. Close bag with nylon tie; make 6 half-inch slits in top. Insert meat thermometer through slit in bag into thigh. Bake to 180°F or 2¾ to 3¼ hours. Add ½ hour for stuffed turkey. Makes: 16 to 20 servings.

TAKE-A-HOLIDAY HAM

1 tablespoon flour
1 turkey size (19" x 23½") Reynolds® Oven Cooking Bag
12 to 16 pound fully-cooked ham, bone-in
Whole cloves

Preheat oven to 325° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Remove skin; trim fat from ham, leaving a thin layer. Lightly score surface of ham; stud with cloves. Place ham in bag. Close bag with nylon tie; make 6 half-inch slits in top. Insert meat thermometer through slit in bag. Bake to 140°F or 2½ to 3¼ hours. Makes: 16 to 22 servings.

For FREE recipes, write:
The Reynolds Wrap Kitchens
P.O. Box C-32003, Dept. A-54,
Richmond, VA 23261-2003.



Use Reynolds® Oven Cooking Bags to prepare both your holiday favorites. You've never tasted turkey so moist! Ham so flavorful! It's simple because everything cooks up tender, juicy and delicious–all by itself. And it's glorious because there's no messy pan or oven to clean. Now that's a holiday!

Another quality product from the makers of Reynolds Wrap® aluminum foil.

PICTURE-PERFECT PASTRY

HOW-TO TIPS FROM AN EXPERT PIE BAKER

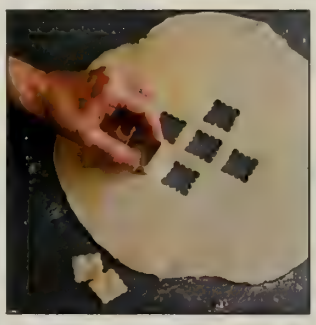


"I love making pies. It's the most fun and creative kind of baking there is."

"I've talked to a lot of people about pie baking and the problem they most often have is getting a dough that's neither too dry nor too wet for rolling out. My advice: Take a few minutes to practice. Get a feel for how much liquid (since most recipes give a range on liquid) you should add. If the dough doesn't seem right, I'd suggest that you just start over. After all, the ingredients for the crust are the least expensive part of the pie."

— Janet Herwig
Better Homes and Gardens
Food Stylist

For more pastry helps, see page 170.



QUICK LATTICE

Use a miniature cutter to make a cutout in center of dough. Repeat cuts in a regular pattern, working from center to edges.



ROPE-SHAPED EDGE

Pinch dough around edge of pie, pushing forward on slant with bent finger and pulling with thumb. Repeat around pie.



DOTTED PASTRY TOP

Use a toothpick or wooden skewer to prick a design in the top crust of a filled unbaked pie. Seal edge with tines of a fork.

SCALLOP FLUTE WITH VARIATIONS



BASIC SCALLOP

Place thumb flat against inside edge of a pie shell. Press dough around thumb using thumb and index finger of other hand.



RICKRACK VARIATION

Make a basic scallop fluting as directed at left. Using your fingers, pinch the edge of each scallop to form a point.



FLOWER PETAL VARIATION

Make a scallop fluting as directed at left. Press fork tines lightly in center of each scallop.

HERRINGBONE LATTICE



1. ROLL OUT DOUGH for top crust of a double-crust pie and use a fluted pastry wheel to cut into ½-inch strips. Arrange two strips in center of pie.



2. ARRANGE PASTRY STRIPS to form a small square in center of pie. Begin a second, larger square ½ inch from the first square.



3. CONTINUE PLACING STRIPS to form progressively larger squares. Trim pastry. Fold strips under bottom pastry to make a smooth raised edge. Flute.

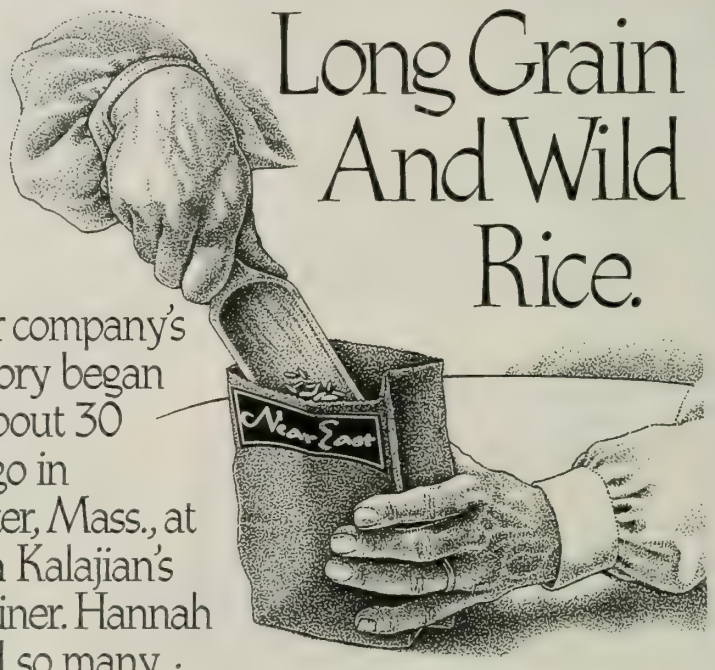
Homemade taste. It's in there.™
Prego® Extra Chunky.



Original and Extra Chunky

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The Long And Short Of How We Made A Better Long Grain And Wild Rice.



Our company's story began about 30 years ago in Worcester, Mass., at Hannah Kalajian's family diner. Hannah received so many requests for her rice pilaf recipe, she eventually started the Near East Company.

With that sort of a history, it's no wonder we keep making sure all our recipes are just as good as our rice pilaf.

Now, Near East is introducing a Long Grain and Wild Rice. It's all natural, and lightly seasoned for a delicate flavor. Perhaps most importantly, it has more wild rice than you'll find from anyone else. That's because the taste of wild rice is what makes the dish so special.

We've taken a lot of care in making our new Long Grain and Wild Rice. And we hope you'll be enjoying it for a long time to come.



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THANKSGIVING DINNER

TURKEY AND STUFFINGS

(Pictured on pages 148–149.)

TURKEY WITH SAUSAGE-RICE STUFFING

1 6-ounce package long grain and wild rice mix
1 cup bulgur

continued on page 162



"Sometimes I wonder if people have a primal, instinctive craving for hamburgers. Something hot and juicy and so utterly simple you can eat it with your hands. I mean, I know some people who don't eat burgers. But I'm not sure I trust them."

Beef. Real Food For Real People.



HAMBURGERS CYBILL-STYLE
Total Calories = 388 Calories from beef = 217

Mix 1 lb. extra lean ground beef, 2 Tbs. minced onion, 1 Tbs. coarse grain mustard, ½ tsp. each dried basil, oregano, thyme, ground cumin, cracked black pepper and salt. Divide into 4 equal portions, form into patties. Broil 7 min., turning once. Split 4 egg twist buns, place a lettuce leaf, burger, tomato and onion slice on each bun. 4 servings.
Preparation: 10 min. Cooking time: 7 min.

BEEF

© 1987 Beef Industry Council and Beef Board.

continued from page 160

1 pound fully cooked Polish sausage *or* fully cooked boneless ham
2 large apples, cored and coarsely chopped
¾ cup raisins
5 green onions, sliced (½ cup)
1 carrot, shredded (½ cup)
2 tablespoons snipped fresh parsley *or* 2 teaspoons dried parsley flakes
1 14- to 16-pound turkey
Cooking oil
1 recipe Pan Gravy for Roast Turkey (see recipe, *page 164*) (optional)
1 recipe Acorn Squash Slices (see recipe, *below*) (optional)

● **In a 3-quart saucepan bring** 4 cups *water* to boiling; stir in rice mix, seasoning packet, and ½ teaspoon *salt.* Return to boiling; reduce heat. Cover and simmer 20 minutes. Add bulgur. Return to boiling; reduce heat. Cover and simmer 5 to 10 minutes more or till nearly tender and water is absorbed.

● **Halve sausage lengthwise;** cut into ¼-inch slices. (*Or,* cut ham into ½-inch pieces.) In a large mixing bowl toss together rice mixture, sausage, apples, raisins, onions, carrot, and parsley.

● **Stuff turkey** as directed on *page 164.* Transfer remaining stuffing to a 1½-quart casserole; cover and chill.

● **Place turkey,** breast side up, on a rack in a shallow roasting pan. Brush with oil. Insert a meat thermometer in the center of the inside thigh muscle, making sure the bulb does not touch bone. Cover loosely with foil.

● **Roast in a 325° oven** 4½ to 5 hours or till thermometer registers 180° to 185°, basting occasionally with juices. Cut band of skin between legs after 3½ hours. Uncover turkey and add remaining stuffing in covered casserole to oven the last 45 minutes of roasting. Remove turkey from oven; cover loosely with foil. Let stand 15 minutes before carving. Meanwhile, prepare gravy. Serve turkey with gravy and Acorn Squash Slices. Makes 20 servings.

Acorn Squash Slices: Wash 4 *acorn squash;* cut in half crosswise. Remove seeds and strings. Cut each half into 4 or 5 slices. In a large saucepan cook squash in a small amount of boiling salted water for 5 to 7 minutes or till tender. Serve with turkey and stuffing.

Nutrition information per serving: *375 cal., 47 g pro., 16 g carbo., 12 g fat, 155 mg chol., 370 mg sodium, 2 g dietary fiber. U.S. RDA: 16% vit. A, 16% thiamine, 21% riboflavin, 48% niacin, 21% iron, 41% phosphorus.*

TURKEY WITH CHESTNUT-FIG STUFFING

1 pound dried light figs, snipped
Boiling water
1 cup sliced leek *or* chopped onion
½ cup chopped green pepper
½ cup margarine *or* butter
1 10-ounce jar whole chestnuts, *or* 1¼ cups coarsely chopped pecans
1 11-ounce can mandarin orange sections, drained
¼ cup snipped fresh parsley or 4 teaspoons dried parsley flakes
1 teaspoon dried thyme, crushed
¼ teaspoon ground red pepper
4½ cups corn bread stuffing mix
1½ to 2 cups chicken broth
1 14- to 16-pound turkey
Cooking oil
1 recipe Pan Gravy for Roast Turkey (see recipe, *page 164*) (optional)

● **Place figs in bowl;** cover with boiling water. Let stand for 10 minutes. Drain well. In a medium skillet cook leek or onion and green pepper in hot margarine or butter till leek is tender but not brown. Drain and chop chestnuts.

● **In a large bowl combine** figs, leek mixture, chestnuts, orange sections, parsley, thyme, red pepper, and 1 teaspoon *salt.* Stir in stuffing mix. Toss with enough broth to moisten.

● **Stuff turkey** as directed on *page 164.* Transfer remaining stuffing to a 1-quart casserole; cover and chill.

● **Place turkey,** breast side up, on a rack in a shallow roasting pan. Brush with oil. Insert a meat thermometer in the center of the inside thigh muscle, making sure the bulb does not touch bone. Cover loosely with foil.

● **Roast in a 325° oven** for 4½ to 5 hours or till thermometer registers 180° to 185°, basting occasionally with juices. Cut band of skin between legs after 3½ hours. Uncover turkey and add remaining stuffing in covered casserole to the oven the last 45 minutes of roasting. Remove turkey from oven; cover loosely with foil. Let stand 15 minutes before carving. Meanwhile, prepare pan gravy. Pass with turkey. Makes 20 servings.

Nutrition information per serving: *486 cal., 48 g pro., 41 g carbo., 14 g fat, 140 mg chol., 756 mg sodium, 5 g dietary fiber. U.S. RDA: 12% vit. C, 18% thiamine, 26% riboflavin, 51% niacin, 11% calcium, 26% iron, 46% phosphorus.*

TURKEY WITH FENNEL-SEAFOOD STUFFING

To prepare this light stuffing shown on the cover, use the frozen crabmeat and shrimp combination available in your grocer's freezer case. Or, use a 6-ounce package of frozen crabmeat plus an 8-ounce package of frozen shrimp—

10 cups French bread cut into ½-inch cubes
2 6-ounce packages frozen crabmeat and shrimp
1 large onion, chopped (1 cup)
1 medium red *or* green sweet pepper, chopped (¾ cup)
3 tablespoons margarine *or* butter
3 beaten eggs
1 10¾-ounce can condensed cream of shrimp soup
¼ to ½ cup milk
½ cup fresh snipped fennel leaves *or* ½ teaspoon fennel seed, crushed
½ teaspoon pepper
1 14- to 16-pound turkey
1 recipe Fennel Butter (see recipe, *page 164*) *or* cooking oil
1 recipe Pan Gravy for Roast Turkey (optional) (see recipe, *page 164*)
1 recipe Seasonal Vegetables (see recipe, *page 164*) (optional)
Fresh sage *or* fennel leaves (optional)

● **Spread bread cubes** in a shallow baking pan. Bake in a 300° oven 10 to 15 minutes or till dry, stirring once. Meanwhile, place frozen crabmeat and shrimp in a strainer; run cool water over to thaw.

● **In a medium skillet cook** the onion and sweet pepper in hot margarine or butter till vegetables are tender. In a large mixing bowl stir together the crabmeat and shrimp, onion mixture, eggs, soup, *¼ cup* of the milk, fennel, and pepper. Stir in the bread cubes till coated. (For a moister stuffing, stir in more of the milk.)

● **Stuff turkey** as directed on *page 164.* Transfer the remaining stuffing to a

continued on page 164



SAVORY HOLIDAY SECRETS REVEALED:

FRANCO-AMERICAN® GRAVY AND SWANSON® BROTH MAKE YOUR HOLIDAYS EASY IN THE KITCHEN AND TASTY AT THE TABLE

This year, discover these secrets of success at your Holiday Table . . .

Use Swanson® Broth instead of water in your favorite stuffing recipe. Swanson Broth works undercover to bring out a special hint of flavor your family and guests will love. The secret of this easy substitution is the rich taste of Swanson Broth.

And try Franco-American® Turkey Gravy as a base for your own Holiday Gravy. Just remove the turkey from the roasting pan and pour off all but one-quarter cup of drippings. Add smooth, rich-tasting Franco-American Gravy. Then just stir, simmer and serve.

Look for these Savory Holiday Secrets on display in a store near you. And watch for a special "FREE Stuffing" offer (with proofs of purchase — maximum value $1.00) on take-one pads at participating stores from the makers of Swanson Broth and Franco-American Gravy. It's all information you'll appreciate, because it's classified delicious!

HARVEST FRUIT STUFFING

- ½ cup butter or margarine
- 1 cup sliced celery
- 1 cup chopped onions
- 1½ cups chopped mixed dried fruit
- ¼ cup chopped fresh parsley
- 1 pkg. (14 oz.) herb seasoned cube stuffing
- 1 can (14½ oz.) Swanson® Clear Ready to Serve Chicken Broth

1. In 4-qt. saucepan over medium heat, in hot butter, cook celery and onions until tender.
2. Add remaining ingredients. Toss to mix well.
3. Spoon into buttered 2-qt. casserole. Cover; bake at 375°F. for 30 min. or until hot. Makes 8 cups or 16 servings.

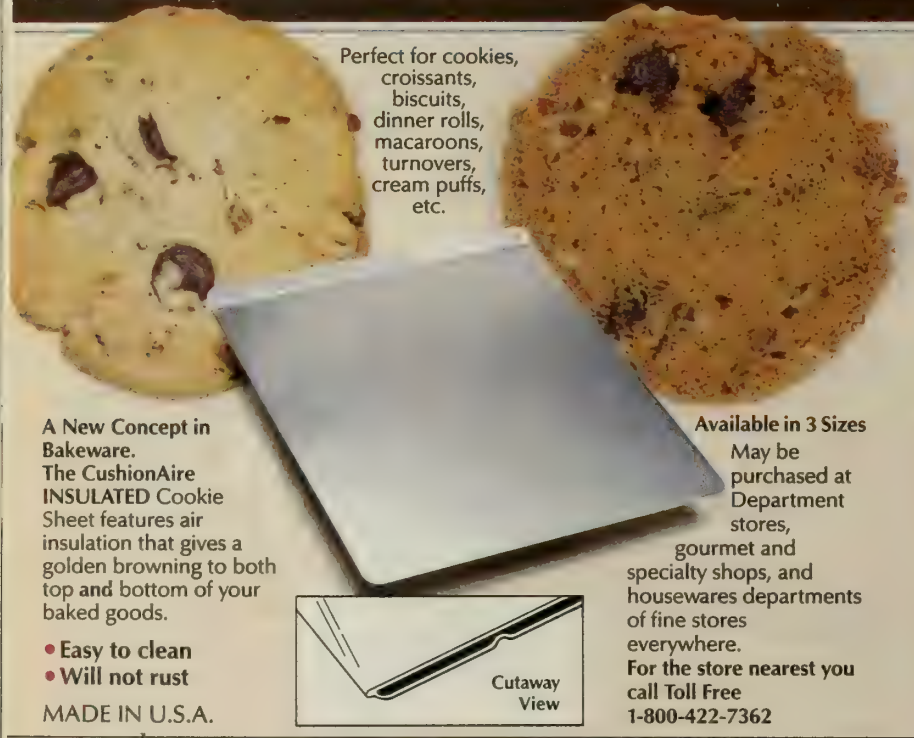
STUFFED TURKEY: Prepare through step 2 and use to stuff a 14- to 16-pound turkey.



TOP HOLIDAY SECRETS



NO MORE BURNT COOKIES
with the INSULATED Cookie Sheet



Perfect for cookies, croissants, biscuits, dinner rolls, macaroons, turnovers, cream puffs, etc.

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The CushionAire INSULATED Cookie Sheet features air insulation that gives a golden browning to both top and bottom of your baked goods.

- Easy to clean
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1-800-422-7362

CushionAire INSULATED BAKING SHEET by REMA Bakeware, Salina, KS

THANKSGIVING DINNER

continued from page 162

1½-quart casserole; cover and chill. Place turkey, breast side up, on a rack in a shallow roasting pan. Brush with Fennel Butter or oil. Insert a meat thermometer in center of inside thigh muscle, making sure bulb does not touch bone. Cover loosely with foil.

● **Roast in a 325° oven** for 4½ to 5 hours or till thermometer registers 180° to 185°, basting occasionally with juices. Cut band of skin between legs after 3½ hours. Uncover turkey and add remaining stuffing in covered casserole to the oven the last 45 minutes of roasting. Remove turkey from oven; cover loosely with foil. Let stand 15 minutes before carving.

● **Meanwhile, prepare pan gravy.** Serve turkey with stuffing, gravy, and Seasonal Vegetables. Garnish turkey with sage or fennel leaves. Makes 20 servings.

Fennel Butter: In a small mixing bowl combine ⅓ cup melted *butter* or *margarine*, 1 tablespoon snipped fresh *fennel leaves*, 1 tablespoon *lemon juice*, and ¾ teaspoon *pepper*.

Seasonal Vegetables: Cut 4 *fennel bulbs* into 4 to 6 wedges. In a large saucepan cook fennel bulbs and 1 pound *baby carrots*, covered, in a small amount of boiling water about 10 minutes or till crisp-tender. (*Or*, cook 1¼ pounds *baby pattypan squash* and 1¼ pounds *baby zucchini*, covered, in boiling water about 5 minutes or till tender.) Serve vegetables with turkey and stuffing.

Nutrition information per serving: *363 cal., 49 g pro., 15 g carbo., 10 g fat, 210 mg chol., and 458 mg sodium. U.S. RDA: 17% vit. A, 16% vit. C, 14% thiamine, 24% riboflavin, 48% niacin, 22% iron, and 43% phosphorus.*

PAN GRAVY FOR ROAST TURKEY

Here's how to make perfect, lump-free gravy every time—

Hot drippings from roast turkey
¼ cup all-purpose flour
Water *or* chicken broth

● **Keep turkey warm** while preparing gravy. Leaving crusty bits in the roasting pan, pour pan drippings into a large measuring cup. Skim off and reserve fat from the pan drippings. (To skim the fat from the drippings, tilt the measuring cup and spoon off the oily liquid that rises to the top.) Return *¼ cup* of the fat to the roasting pan; discard any remaining.

● **Stir flour into fat in pan.** Cook and stir over medium heat till bubbly. Remove pan from heat. Add enough water or broth to drippings in measuring cup to equal *2 cups* total liquid. Add all at once to flour mixture in pan. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Season to taste with *salt* and *pepper*. Makes 2 cups.

Nutrition information per 2 tablespoons gravy: *37 cal., 0 g pro., 2 g carbo., 4 g fat, 0 mg chol., and 0 mg sodium.*

HOW TO STUFF A TURKEY

First, rinse off the turkey and pat it dry with paper towels. Sprinkle a little salt inside the turkey, if you like. Then, spoon some stuffing into the neck cavity. Skewer the neck skin to the back. Next, spoon some stuffing into the body cavity. Tuck the drumsticks under the tail skin (see photo, *page 149*). Twist the wing tips under (see photo, *page 149*).

continued on page 166



REJOICE

Baker's® & Bacardi® present the Pineapple Rum Torte

1 package (2-layer size) yellow cake mix
3 eggs
1 cup BACARDI® Amber Rum
½ cup water
⅓ cup oil
2⅔ cups (7 oz.) BAKER'S® ANGEL FLAKE® Coconut
1 can (20 oz.) crushed pineapple in juice
1 package (4-serving size) JELL-O® Vanilla Flavor Instant Pudding and Pie Filling
3½ cups (8 oz.) thawed COOL WHIP® Whipped Topping

- Combine cake mix, eggs, ¾ cup of the rum, water and oil in large bowl. Beat at medium speed of mixer for 2 min. Stir in ⅔ cup of the coconut.
- Pour into greased, floured 15x10-inch pan. Bake at 350°F. for 30-35 min. Cool 10 min; remove from pan; cool on rack. Cut into 3 10x5-inch pieces.
- Drain pineapple, reserving ⅓ cup of the juice. Combine pudding mix, ¾ cup of the pineapple, reserved juice and remaining rum; stir to blend. Fold in whipped topping.
- Place 1 cake layer on plate; spread with some of the topping mixture; top with half the remaining pineapple. Repeat layers, ending with cake; frost cake with remaining topping mixture. Cover with rest of coconut.

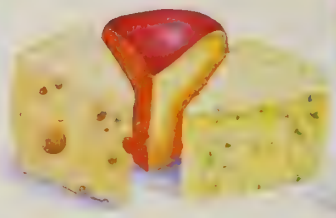


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chunky cheeses

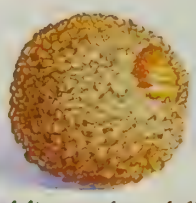

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HICKORY FARMS®

THANKSGIVING DINNER

continued from page 164

MAKE-AHEAD SIDE DISHES

(Pictured on pages 150–151.)

HARVEST VEGETABLES WITH EDAM CHEESE

For nutty crunch, sprinkle individual servings of this creamy cabbage mixture with chopped pistachio nuts—

- **1 small head cabbage (about 1 pound), cored**
- **1 12-ounce package frozen loose-pack hash brown potatoes**
- **1 red *or* green sweet pepper, chopped**
- **¼ cup sliced green onion**
- **¼ cup margarine *or* butter**
- **¼ cup all-purpose flour**
- **¾ teaspoon dried dillweed**
- **½ teaspoon salt**
- **¼ teaspoon pepper**
- **2½ cups milk**
- **½ cup shredded Edam cheese (2 ounces)**

● **Core the cabbage** and remove 8 outer leaves (see photo, *page 150*). Wrap leaves in clear plastic wrap; chill. Coarsely chop the remaining cabbage (should have 5 cups).

● **In a large mixing bowl toss together** the chopped cabbage and potatoes. In a large saucepan with a steamer basket cook *half* of the cabbage mixture, covered, over boiling water for 5 minutes. Remove cabbage and potatoes and set aside. Repeat with the remaining cabbage mixture.

● **In a medium saucepan cook** the sweet pepper and onion in hot margarine or butter about 3 minutes or till vegetables are tender. Stir in flour, dillweed, salt, and pepper. Add milk all at once. Cook and stir over medium heat till thickened and bubbly. Remove from heat. Stir in cheese till melted. In a 2-quart casserole combine cabbage mixture and cheese mixture. Cover and chill up to 24 hours.

● **To serve, bake** cabbage mixture, covered, in a 350° oven about 45 minutes or till potatoes are tender. Let stand 5 minutes.

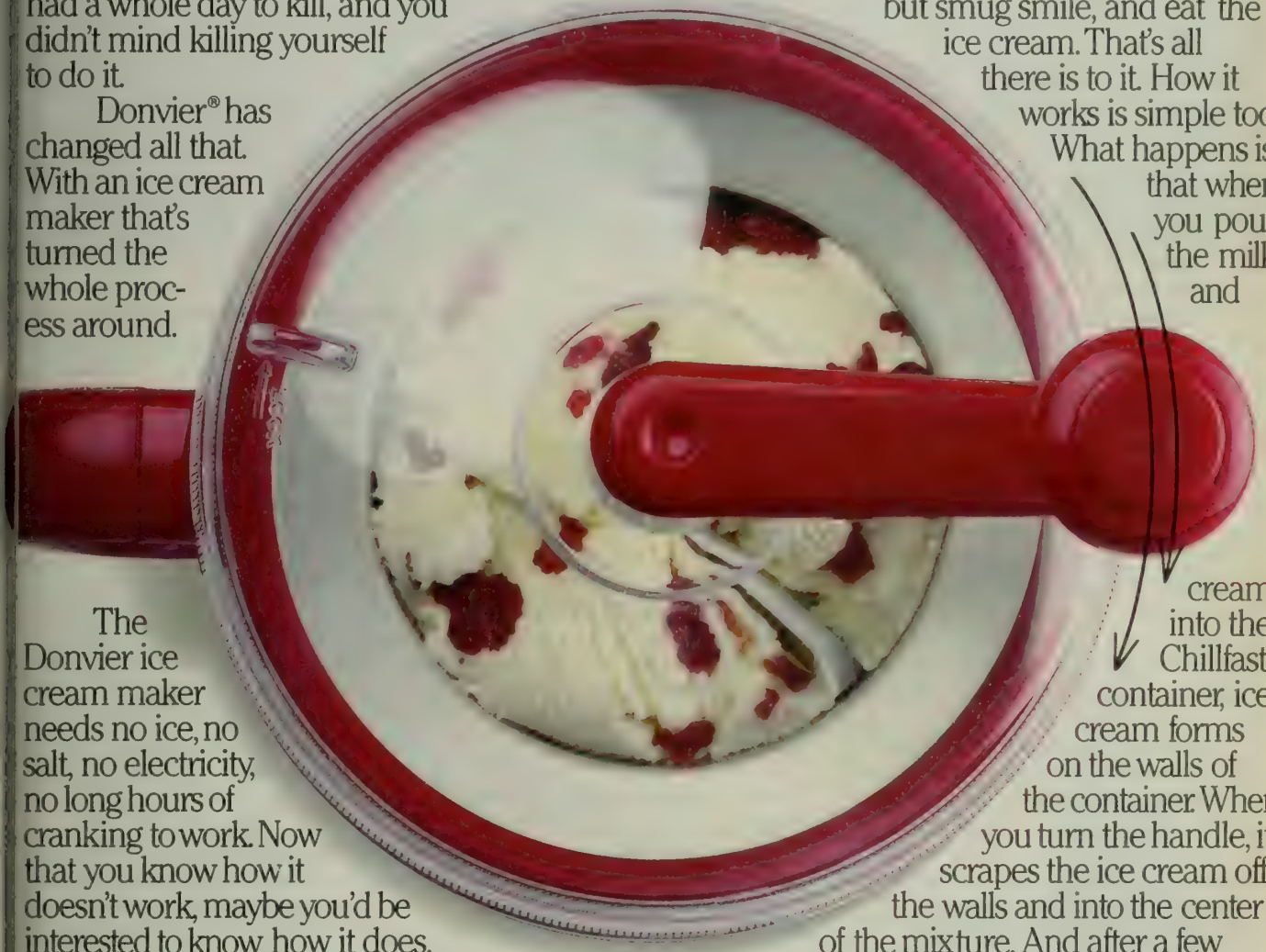
● **Meanwhile, in a saucepan cook** the reserved cabbage leaves in boiling salted water about 1 minute or till limp. Drain the cabbage leaves well. Arrange the cabbage leaves on individual plates or a serving platter. Spoon cabbage mixture into leaves. Makes 8 servings.

continued on page 168

Turn this magazine 12 times. There, you just made homemade ice cream.

For years, making homemade ice cream was like running a marathon—not too bad if you had a whole day to kill, and you didn't mind killing yourself to do it.

Donvier® has changed all that. With an ice cream maker that's turned the whole process around.



The Donvier ice cream maker needs no ice, no salt, no electricity, no long hours of cranking to work. Now that you know how it doesn't work, maybe you'd be interested to know how it does.

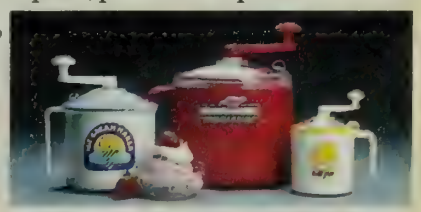
Like most good ideas, the Donvier ice cream maker is quite simple. When you're ready to make ice cream, pull the frozen Chillfast™ container out of the freezer. Put it in the case, and insert the blade.

Put in some milk, some cream, a little sugar, and some other ingredients. (Other ingredients? Yes. Anything you want. Fresh peaches, strawberries, almonds, chocolate—anything you want.)

Cover the cylinder, attach the handle, and turn it twice every three minutes. After twenty minutes or so, allow yourself a small but smug smile, and eat the ice cream. That's all there is to it. How it works is simple too. What happens is that when you pour the milk and cream into the Chillfast container, ice cream forms on the walls of the container. When you turn the handle, it scrapes the ice cream off the walls and into the center of the mixture. And after a few times, you've turned (literally) the whole mixture into gourmet ice cream.

And with half-pint, pint and quart sizes all priced below $50, you might ask "What will they think of next?"

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DONVIER®
ICE CREAM MAKERS

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continued from page 166

To serve immediately: Prepare vegetables as directed *except* do not chill. In a large saucepan prepare cheese mixture as directed. Stir cabbage and potatoes into cheese mixture; heat through. Continue as directed.

Nutrition information per serving: *148 cal., 6 g pro., 11 g carbo., 9 g fat, 12 mg chol., 319 mg sodium, 2 g dietary fiber. U.S. RDA: 32% vit. A, 64% vit. C, 17% calcium, 13% phosphorus.*

CARROT-PARSNIP MOUSSE

1 pound carrots, thinly sliced
1½ cups coarsely chopped parsnips
3 eggs
¼ cup sour cream dip with chives
1 teaspoon finely shredded orange peel
½ teaspoon ground nutmeg
¼ teaspoon salt
⅛ teaspoon pepper
3 tablespoons finely chopped almonds
3 tablespoons snipped parsley
Slivered almonds *or* shredded zucchini (optional)

● **In a large saucepan cook** carrots and parsnips in a small amount of boiling water about 15 minutes or till very tender. (*Or,* in a 2-quart microwave-safe casserole cook carrots and parsnips in ¼ cup *water,* covered, on 100% power (high) for 14 to 16 minutes or till very tender, stirring twice.) Drain carrot-parsnip mixture. Remove *18* carrot slices; set aside.

● **In blender container** or food processor combine eggs, sour cream dip, orange peel, nutmeg, salt, and pepper. Add *half* of the carrot-parsnip mixture. Cover and blend till nearly smooth. Add remaining carrot-parsnip mixture. Cover and continue blending till smooth. Scrape sides as necessary.

● **Toss together** the chopped almonds and parsley. Grease bottom and sides of six 6-ounce soufflé dishes or custard cups. (If you intend to micro-cook the carrot-parsnip mixture, prepare *microwave-safe* soufflé dishes or custard cups.) Coat sides with almond-parsley mixture (see photo, *page 150*). Use an hors d'oeuvre cutter to make decorative cutouts from reserved carrots. Arrange 3 cooked carrot slices on bottom of *each* dish. Spoon carrot mixture into dishes. Smooth top with a spatula. Cover and chill up to 24 hours.

● **To serve, bake** in a 350° oven 30 to 35 minutes or till a knife inserted near center comes out clean. (*Or,* arrange soufflé dishes or custard cups in a circle in the microwave oven. Micro-cook, uncovered, on 100% power (high) for 12 to 15 minutes or till a knife inserted near center comes out clean, rotating and rearranging dishes once during cooking.) Let stand 3 minutes. Run knife around edge. Unmold. Sprinkle slivered almonds on serving plate. (Or, arrange on a platter lined with shredded zucchini.) Makes 6 servings.

To serve immediately: Prepare as directed *except* do not chill. Bake, uncovered, in a 350° oven for 20 to 25 minutes or till a knife inserted near center comes out clean. (*Or,* arrange soufflé dishes or custard cups in a circle in the microwave oven. Micro-cook, uncovered, on 100% power (high) for 5 to 7 minutes or till a knife inserted near center comes out clean, rotating and rearranging dishes once during cooking.) Let stand 3 minutes. Unmold and serve as directed.

Nutrition information per serving: *147 cal., 5 pro., 16 g carbo., 7 g fat, 142 mg chol., 160 mg sodium, 4 g dietary fiber. U.S. RDA: 431% vit. A, 18% vit. C, 11% riboflavin, 14% phosphorus.*

PUMPKIN-MUSHROOM SOUP

Dried mushrooms add heartiness. Look for them in oriental or gourmet shops—

⅓ cup dried mushrooms (such as porcini, cepe, *or* shiitake)
1 cup water
• • •
1 medium onion, chopped (½ cup)
1 stalk celery, chopped (½ cup)
2 tablespoons margarine *or* butter
1 16-ounce can pumpkin
1 14½-ounce can chicken broth
¼ teaspoon ground mace
• • •
½ to ¾ cup light cream

● **Rinse mushrooms well.** To rehydrate, soak the mushrooms in water about 30 minutes or till mushrooms are rehydrated. Squeeze to drain, reserving water. Coarsely chop mushrooms, discarding stems.

● **In a large saucepan cook** the onion and celery in hot margarine or butter till tender. Remove from heat. Stir in rehydrated mushrooms, reserved water from mushrooms, pumpkin, chicken broth, and mace. Pour mixture into a 1½-quart freezer container. Seal, label, and freeze up to 1 month.

● **To serve, in a large saucepan cook** the pumpkin mixture, covered, over medium-low heat for 15 minutes. Increase heat to medium; cook about 10 minutes more or till mixture is heated through, stirring often. Season to taste with *salt* and *pepper.* In a small saucepan cook and stir cream till heated through. *Do not boil.* Drizzle cream over individual servings of soup; draw knife through cream to make decorative pattern (see photo, *page 151*). Makes 8 servings.

To serve immediately: Prepare pumpkin mixture as directed *except* do not freeze. In a large saucepan cook pumpkin mixture, covered, over medium heat for 6 to 8 minutes or till heated through, stirring often. Heat cream and serve as directed.

Microwave directions: Rehydrate and chop mushrooms as directed. In a 2-quart microwave-safe casserole micro-cook onion, celery, and margarine or butter on 100% power (high) for 3 to 5 minutes or till onion is tender. Stir in mushrooms, reserved liquid from mushrooms, pumpkin, chicken broth, and mace. Cook, covered, on high for 10 to 12 minutes or till heated through, stirring 2 or 3 times.

In a 2-cup measure cook cream, uncovered, on high for 1 to 2 minutes or till heated through, stirring once. *Do not boil.* Serve as directed.

Nutrition information per serving: *110 cal., 2 g pro., 8 g carbo., 8 g fat, 17 mg chol., 346 mg sodium, 2 g dietary fiber. U.S. RDA: 256% vit. A.*

WILD RICE BRAID

Next time you cook wild rice for a side dish, cook 1 cup extra to make Wild Rice Braid, as featured on our cover. Then, seal, label, and freeze the extra for three to six months—

1 cup water
⅓ cup wild rice
3¾ to 4¼ cups all-purpose flour
2 packages active dry yeast
¾ cup milk
¼ cup margarine *or* butter
¼ cup honey
1 teaspoon salt
1 beaten egg
2 small tart apples, peeled and finely chopped (1 cup)

continued on page 170



Maybe that's why Kikkoman is America's most popular soy sauce.

Chun King doesn't have our secret. Neither does La Choy.

Our secret is nature.

You see, of the three leading soy sauces only one, Kikkoman, is naturally brewed.

This is a process that takes natural ingredients and then allows nature to take its time to create a truly distinctive flavor.

A flavor that enhances your food, not overpowers it.

And we've done it this way for 357 years.

So while other soy sauces use a shortcut process that can be completed in as little as a few days, Kikkoman takes over five months to brew every single drop.

Kikkoman. With 357 years and five months in every bottle, anything else is less.



K I K K O M A N

continued from page 168

1 beaten egg yolk
1 tablespoon water

● **In a small saucepan bring** the water to boiling. Add the rice. Return to boiling; reduce heat. Cover and simmer for 40 to 50 minutes or till the rice is done. Let cool.

● **In a large mixer bowl stir together** *1½ cups* of the flour and yeast. In a saucepan heat milk, margarine or butter, honey, and salt just till warm (120° to 130°) and the margarine is melted, stirring constantly.

● **Add milk mixture to flour mixture.** Add egg. Beat with an electric mixer on low speed for ½ minute, scraping the sides of the bowl as necessary. Beat on high speed for 3 minutes. Stir in the rice and chopped apples. Using a spoon, stir in as much of the remaining flour as you can.

● **Turn out the dough** onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (about 6 to 8 minutes total). Shape the dough into a ball. Place the dough in a greased mixing bowl; turn the dough once to grease the surface. Cover bowl; let rise in a warm place till double (about 1 hour).

● **Punch dough down;** turn out onto a long counter that is lightly floured. Divide the dough in half. Divide each half into thirds. Cover dough; let rest for 10 minutes.

● **Roll each portion** into a 26-inch rope. Lightly grease 2 baking sheets. Place 3 ropes, side by side, on a baking sheet (dough ropes will extend beyond edge of baking sheets). Braid ropes loosely starting at the center and working toward ends. Shape the braid into a figure 8 around balls of foil; tuck ends of braid under in the center (see photo, *page 151*). Repeat with the remaining 3 ropes of dough. Cover and let rise in a warm place till nearly double (about 40 minutes).

● **Bake in a 375° oven** for 5 minutes. Cover with foil; bake 25 minutes more or till done. Test by tapping the top with your finger. A hollow sound means the loaf is done. Transfer the loaf to a wire rack. In a custard cup combine egg yolk and water. Brush on the hot loaves. Cool completely. Wrap in moisture and vaporproof wrap; seal, label, and freeze.

● **To serve, thaw** the loaves, loosely covered, at room temperature for 2 hours. Unwrap loaves completely. Place the loaves on an ungreased baking sheet. Bake in a 375° oven about 10 minutes or till warm. Makes 2 loaves, 24 servings total.

To serve immediately: Prepare the dough and let rise as directed. Brush the dough with yolk mixture before baking. Bake the loaves in a 375° oven for 25 to 30 minutes or till done, covering loaves with foil after 15 to 20 minutes to prevent overbrowning. Test by tapping the top with your finger. A hollow sound means the loaf is done.

Nutrition information per serving: *126 cal., 3 g pro., 21 g carbo., 3 g fat, 35 mg chol., 120 mg sodium, 1 g dietary fiber. U.S. RDA: 10% thiamine.*



Cranberry relish adds tang to a meal.

QUICK CRANBERRY RELISH

Spruce up canned cranberry sauce with this easy five-ingredient recipe, featured on our cover—

1 16-ounce can whole cranberry sauce
½ cup chopped walnuts
½ cup light raisins
¼ teaspoon ground cinnamon
⅛ teaspoon ground clove

• • •

Chopped walnuts (optional)

● **In a small mixing bowl stir together** the cranberry sauce, the ½ cup chopped walnuts, raisins, cinnamon, and cloves.

● **Cover and chill** cranberry mixture thoroughly in the refrigerator. Stir mixture before serving. Sprinkle the remaining chopped walnuts over the cranberry mixture before serving. Makes 12 servings.

Nutrition information per ¼ cup: *108 cal., 1 g pro., 21 g carbo., 3 g fat, 0 mg chol., 13 mg sodium.*

GLORIOUS PIES

(Pictured on pages 152–153.)

COMMON PASTRY PROBLEMS

Perplexed by less-than-perfect pastry? Here are some common pastry problems and what causes them:

What's the problem	Why it happened
Tough	Not enough fat
	Too much water
	Overmixing
	Too much flour added when rolling out
Crumbly	Not enough water
	Too much fat
Doesn't brown	Rolled too thick
	Underbaked
	Overmixed
Shrinks	Stretched when put in pan
	Overhandled
	Rolled too thin
Blistered	Not pricked enough
	Baked at too low a temperature

APRICOT-APPLE TARTS

To dish up the dainty scoops of ice cream, use a melon baller or tiny ice-cream scoop—

6 sheets frozen phyllo dough (18x14-inch rectangles), thawed
¼ cup margarine *or* butter, melted
1 6-ounce package dried apricots, snipped
1 cup water
½ cup light raisins
½ cup sugar
½ cup brandy
1 tablespoon lemon juice
1½ cups chopped, peeled tart apples (2 medium)
1 tablespoon water
1 tablespoon cornstarch
Vanilla ice cream (optional)

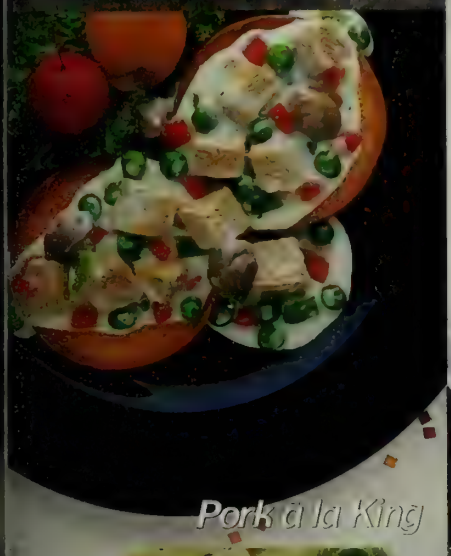
● **Brush** *one* sheet of phyllo dough with some of the melted margarine or butter. Top with another phyllo dough sheet. Repeat brushing and layering with remaining margarine or butter and phyllo. Cut phyllo stack lengthwise into 6 strips; cut strips crosswise into thirds, forming 18 rectangles. Press 3 rectangles into *each* of 6 greased 6-ounce custard cups so entire cup is

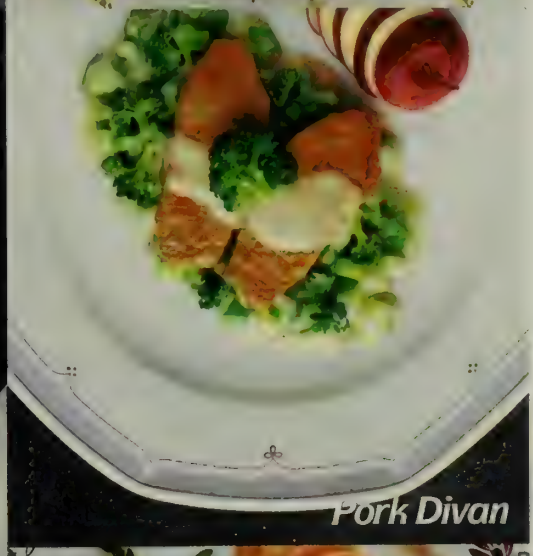
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Have you tried the other white meat?













If you think you have to serve fish or fowl to get the light, wholesome nutrition and easy convenience that today's life-styles demand, take a fresh look at pork — the *other* white meat.

Pork gives you the lighter meals and versatility you associate with white meat. Plus, it provides you and your family the great taste you want, and the nutrition and protein you need.

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The Other White Meat.™

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1987 National Pork Producers Council in cooperation with National Pork Board

continued from page 170

covered (see photo, *page 152*). Bake phyllo-lined cups in a 350° oven for 15 to 20 minutes or till golden. Remove from custard cups and cool completely on a wire rack.

● **Meanwhile, in a saucepan combine** apricots, the 1 cup water, raisins, sugar, brandy, and lemon juice. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Stir in apples. Cook about 5 minutes more or till apples are tender, stirring occasionally. Stir the 1 tablespoon water into cornstarch. Stir into apricot mixture. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. To serve, spoon warm apricot mixture into baked phyllo shells. Top with ice cream. Makes 6 servings.

Microwave directions: Bake phyllo cups conventionally as directed. Meanwhile, in a 2-quart microwave-safe casserole combine the apricots, the 1 cup water, raisins, sugar, *¼ cup* brandy, and lemon juice. Micro-cook, covered, on 100% power (high) for 5½ to 7½ minutes or till the mixture boils, stirring once. Stir in apples. Cook, covered, on high for 2 to 4 minutes more or till apples are tender, stirring once. Stir the 1 tablespoon water into cornstarch. Stir into the apricot mixture. Cook, uncovered, on high for 1 to 2 minutes or till thickened and bubbly, stirring after every 30 seconds. Cook, uncovered, on high for 1 minute more. Serve apricot mixture in phyllo cups as directed.

Nutrition information per tart: *332 cal., 2 g pro., 55 g carbo., 8 g fat, 0 mg chol., 149 mg sodium, 5 g dietary fiber. U.S. RDA: 48% vit. A, 10% iron.*

GINGERBERRY LATTICE PIE

Dollop each serving with the sweet orange-flavored whipped cream for a pleasant contrast to the tart cranberry-pineapple filling—

1 15¼-ounce can crushed pineapple (juice pack)
4 cups cranberries (1 pound)

• • •

1¾ cups sugar
¼ cup cornstarch
1 to 2 tablespoons finely chopped crystallized ginger *or* ½ teaspoon ground ginger

• • •

1 recipe Pastry for Double-Crust Pie (see recipe, *right*)
Milk
Sugar
1 recipe Orange Cream (see recipe, *right*)

● **Drain pineapple,** reserving *1 cup* juice. (Add *water* if necessary to make 1 cup.) In a medium saucepan cook cranberries in reserved juice over medium-high heat for 5 to 8 minutes or till cranberries begin to pop. (*Or,* in a 2-quart microwave-safe casserole micro-cook reserved juice and cranberries, covered, on 100% power (high) for 7 to 9 minutes or till the skins of the cranberries begin to pop.)

● **Combine the sugar and cornstarch.** Stir into hot cranberry mixture. Cook and stir till thickened and bubbly. (*Or,* micro-cook, uncovered, on 100% power (high) for 4 to 6 minutes or till thickened and bubbly, stirring after every minute.) Remove cranberry mixture from the heat. Stir in the drained pineapple and the crystallized or ground ginger. Set aside to cool.

● **Prepare pastry.** On a lightly floured surface flatten 1 ball of dough with hands. Roll dough from center to edge, forming a circle about 12 inches in diameter. Ease pastry into a 9-inch pie plate, being careful to avoid stretching pastry. Trim crust to ½ inch beyond edge of pie plate.

● **Roll out second ball of dough.** Using a pastry wheel or sharp knife, cut dough into ½- to ¾-inch strips. Pour the cranberry mixture into pastry-lined pie plate.

● **To make herringbone-lattice top,** arrange *4* strips of pastry in center of pie to make a small square (see photos 1 and 2, *page 158*). Working from center of the pie to the edges, continue placing strips to make progressively larger squares (see photo 3, *page 158*). Trim the pastry strips even with the bottom crust. Fold the bottom pastry over the strips to build up the edge. Seal and flute edge.

● **Brush pastry with milk;** sprinkle with sugar. To prevent overbrowning, cover edge of pie with foil (see photo, *page 152*). Bake in a 375° oven for 25 minutes. Remove foil from pie. Bake 20 to 25 minutes more or till golden. Cool on wire rack. Serve Gingerberry Lattice Pie with Orange Cream. Makes 8 servings.

Pastry for Double-Crust Pie: In medium mixing bowl stir together 2 cups *all-purpose flour* and ½ teaspoon *salt*. Cut in ⅔ cup *shortening* till pieces are the size of small peas. Sprinkle 1 tablespoon cold *water* over part of mixture; gently toss with a fork. Push to side of bowl. Repeat till all is moistened (6 to 7 tablespoons total). Divide dough in half, forming into 2 balls.

Orange Cream: In a small medium mixer bowl beat 1 cup *whipping cream* and 2 tablespoons *sugar* with an electric mixer on low speed till soft peaks form. Fold in 1 teaspoon finely shredded *orange peel*. Serve immediately.

Nutrition information per serving: *618 cal., 4 g pro., 91 g carbo., 28 g fat, 41 mg chol., 149 mg sodium, 4 g dietary fiber. U.S. RDA: 10% vit. A, 22% vit. C, 18% thiamine, 10% riboflavin.*

CHOCOLATE-PRALINE PIE

To eliminate sloshing, place the pastry shell on the rack of the oven, then pour the filling into the shell—

1 recipe Pastry for Single-Crust Pie (see recipe, *page 175*)
Semisweet chocolate pieces

• • •

3 eggs
1 cup light corn syrup
½ cup sugar
⅓ cup margarine *or* butter, melted
2 tablespoons praline liqueur *or* Amaretto
1 cup pecan halves
½ cup semisweet chocolate pieces

● **Prepare the pastry.** On lightly floured surface flatten the dough with hands. Roll the dough from the center to the edge, forming a circle about 12 inches in diameter. Ease the pastry into a 9-inch pie plate, being careful to avoid stretching the pastry. Trim the crust even with the edge of the pie plate.

● **Reroll the dough scraps.** Use an hors d'oeuvre cutter to make cutouts from scraps. Brush the edge of pastry with *water*. Arrange the cutouts and semisweet chocolate pieces around the edge (see photo, *page 153*). *Do not* prick the pastry.

● **For filling, in a mixing bowl beat** the eggs slightly with a rotary beater or a fork. Stir in the corn syrup. Add the sugar, margarine or butter, and praline liqueur or Amaretto, stirring till sugar is dissolved. Stir in the pecans and the ½ cup chocolate pieces.

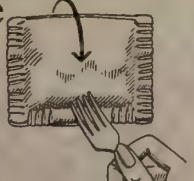
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New Pastry Pockets. Turns ordinary stuff into hot stuff.





New Pastry Pockets dough from Pillsbury is great for dinner because it'll take whatever stuff you've got and make it hot. Just fill with your favorite ingredients and fold it over. Pastry Pockets bake up hot and flaky in just 15 minutes.



For a delicious dinner packed in a pocket, stuff your dinner pockets with...

- Chicken, broccoli, and Cheddar cheese.
- Scrambled eggs, bacon, and cheese.
- Turkey, stuffing, and gravy.
- Tuna and cheese.
- Ham, carrot, and Swiss cheese.
- Bacon, tomato, and Cheddar cheese.

Mmm Ahh Ohh
Poppin' Fresh® BRAND *dough*





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continued from page 172

● **Place the pastry-lined pie plate** on oven rack; pour the filling into the plate. To prevent the pastry from overbrowning, cover the edge of the pie with a piece of foil.

● **Bake pie in a 350° oven** for 25 minutes. Remove the foil. Bake for 20 to 25 minutes more or till a knife inserted near the center of the pie comes out clean. Cool pie thoroughly on a wire rack before serving. Cover the pie; chill in the refrigerator to store. Makes 8 servings.

Pastry for Single-Crust Pie: In a medium mixing bowl stir together 1¼ cups *all-purpose flour* and ½ teaspoon *salt.* Cut in ⅓ cup *shortening* till the pieces are the size of small peas. Sprinkle 1 tablespoon *water* over part of the flour and shortening mixture; gently toss with a fork. Push mixture to the side of the bowl. Repeat till all is moistened (3 to 4 tablespoons water total). Form dough into a ball.

Nutrition information per serving: *574 cal., 6 g pro., 70 g carbo., 32 g fat, 103 mg chol., 280 mg sodium, 1 g dietary fiber. U.S. RDA: 18% thiamine, 20% iron, 12% phosphorus.*

CARAMEL-PEAR FLAN

The caramel topping is prettiest just after you drizzle it onto the flan. For leftover flan, however, just cover and chill the flan—

1 recipe Sweet Pastry for 10-inch Flan Pan (see recipe, *right*)

• • •

2 eggs
1 8-ounce carton dairy sour cream
1½ teaspoons finely shredded orange peel
¾ cup orange juice
¼ cup sugar
1 tablespoon lemon juice

• • •

1¼ cups water
3 tablespoons lemon juice
2 tablespoons sugar
3 or 4 pears, peeled, cored, and sliced (4 cups)

• • •

⅓ cup sugar
¼ teaspoon water

● **Prepare the sweet pastry.** Press the prepared dough evenly over the bottom and up the sides of a 10-inch flan pan or a 10-inch pie plate. *Do not* prick the pastry.

● **Bake pastry in a 375° oven** about 15 minutes or till the pastry is golden. Cool the pastry thoroughly in the pan on a wire rack. Reduce the oven temperature to 350°.

● **For custard, in mixing bowl beat** eggs with a rotary beater till frothy. Stir in the sour cream, finely shredded orange peel, orange juice, the ¼ cup sugar, and the 1 tablespoon lemon juice till smooth.

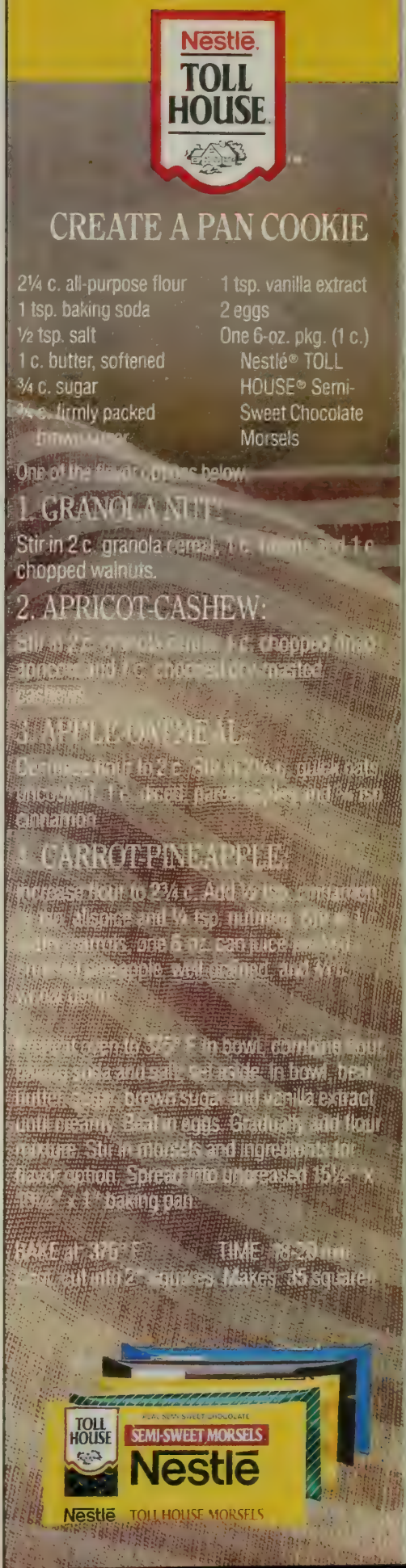
● **Place the flan pan** with prebaked crust on a baking sheet on oven rack. Pour custard into the flan pan. Bake in a 350° oven for 35 to 40 minutes or till custard is set. Cool completely on a wire rack. Chill flan.

● **Meanwhile, in a skillet combine** the 1¼ cups water, the 3 tablespoons lemon juice, and the 2 tablespoons sugar. Add the pear slices. Bring to a gentle boil; reduce heat. Cover and simmer 3 to 5 minutes or till just tender. (*Or,* in a 2-quart microwave-safe casserole micro-cook the 1¼ cups water, the 3 tablespoons lemon juice, the 2 tablespoons sugar, and pears, covered, on 100% power (high) 3½ to 4½ minutes or till the pears are just tender, stirring once.) Let the pears stand, covered, in the cooking liquid.

● **Up to 30 minutes before serving** the flan, drain pears well; arrange pears over top of the flan. In a small heavy saucepan heat the ⅓ cup sugar over medium heat; when sugar starts to melt, stir constantly till mixture is a medium caramel color. (The syrup will continue to darken after it's removed from the heat.) Stir in the ¼ teaspoon water. Drizzle sugar mixture over pears, turning the flan as you work (see photo, *page 153*). Makes 10 servings.

Sweet Pastry for 10-inch Flan Pan: In a medium mixing bowl stir together 1½ cups *all-purpose flour,* 2 tablespoons *sugar,* and ⅛ teaspoon *salt.* Cut in ¼ cup *margarine* or *butter* till pieces are the size of small peas. Combine 1 beaten *egg,* 2 tablespoons *cooking oil,* and 4 teaspoons *cold water.* Make a well in center of the flour mixture. Add egg mixture. Stir till combined. Work mixture with hands till well blended. Form into a ball.

Nutrition information per serving: *318 cal., 5 g pro., 44 g carbo., 14 g fat, 96 mg chol., 114 mg sodium, 2 g dietary fiber. U.S. RDA: 13% vitamin C, 11% thiamine, 11% riboflavin.* BH&G



EASY MEALS IN MINUTES

FAST-TO-FIX RECIPES FOR YOUR LOW-WATTAGE MICROWAVE

By Lynn Hoppe



Ready in 15 minutes.

BACON AND EGG SANDWICHES

- 6 beaten eggs
- ⅓ cup milk
- 1 tablespoon horseradish mustard *or* Dijon-style mustard
- ½ cup shredded Swiss cheese (2 ounces)
- 2 tablespoons cooked bacon pieces
- 3 English muffins, split and toasted
- 2 tablespoons grated Parmesan cheese
- 1 medium tomato, cut into wedges
- Alfalfa sprouts (optional)

In a 1½-quart microwave-safe casserole combine eggs, milk, mustard, and ⅛ teaspoon *pepper*. Micro-cook in a low-wattage microwave oven, uncovered, on 100% power (high) 4 to 6 minutes or till almost set, pushing cooked portions to center several times. Stir in Swiss cheese and bacon. Cook, uncovered, on high 1 to 2 minutes more or till cheese is melted and eggs are set but moist.

Place 2 muffin halves on *each* of 3 individual plates. Top with egg mixture. Sprinkle Parmesan cheese on top. Serve with tomato wedges and alfalfa sprouts. Makes 3 servings.

Nutrition information per serving: 434 cal., 28 g pro., 36 g carbo., 21 g fat, 573 mg chol., 355 mg sodium, 2 g dietary fiber. U.S. RDA: 22% vit. A, 24% thiamine, 34% riboflavin, 43% calcium, 22% iron, 37% phosphorus.



Ready in 20 minutes.

SPICY SPAGHETTI CASSEROLE

- 1½ cups corkscrew macaroni
- 1 pound bulk Italian sausage
- 1 15½-ounce jar meatless spaghetti sauce
- ¼ teaspoon crushed red pepper
- 2 tablespoons grated Parmesan cheese

Cook macaroni according to package directions. Drain. Crumble sausage into a 1½-quart microwave-safe casserole. Micro-cook in a low-wattage microwave oven, covered, on 100% power (high) 7 to 8 minutes or till no longer pink, stirring once. Drain. Stir in sauce, pepper, and 2 tablespoons *water*. Stir in macaroni. Cook, covered, on high 4 minutes or till heated through, stirring once. Sprinkle with cheese. Serves 4.

Nutrition information per serving: 460 cal., 21 g pro., 52 g carbo., 18 g fat, 44 mg chol., 1293 mg sodium, and 4 g dietary fiber.

HOW MANY WATTS?

A low-wattage oven (fewer than 600 watts) takes a few minutes longer to cook than a full-size oven. Check on the back of your oven or in your owner's manual for the wattage. Or, try this simple test: Heat 1 cup tap water, uncovered, on 100% power (high). Does the water take longer than 3 minutes to boil? If so, your oven has low-wattage output.



SCOTT LITTLE

Ready in 20 minutes.

KNOCKWURST IN BEER

- 1 cup beer
- 1 tablespoon cornstarch
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sugar
- ⅛ teaspoon dried minced garlic
- Few dashes bottled hot pepper sauce
- 1 8-ounce can sauerkraut, drained
- 4 fully cooked knockwurst *or* smoked bratwurst
- 4 frankfurter buns, toasted

In an 8x8x2-inch microwave-safe baking dish combine beer, cornstarch, Worcestershire, sugar, garlic, and pepper sauce. Micro-cook in a low-wattage microwave oven, uncovered, on 100% power (high) 4 to 6 minutes or till bubbly, stirring after every minute.

Stir in sauerkraut. Cut deep diagonal slits 1 inch apart in each knockwurst, cutting to but not through opposite side; place on top of sauerkraut. Cook, covered with vented clear plastic wrap, on high 8 to 10 minutes or till heated through, rearranging sausages once.

Meanwhile, toast buns, if desired. Use a slotted spoon to fill each bun with some of the sauerkraut mixture, then top with knockwurst. Serves 4.

Nutrition information per serving: 394 cal., 15 g pro., 30 g carbo., 22 g fat, 48 mg chol., 961 mg sodium, 2 g dietary fiber. U.S. RDA: 28% thiamine, 16% niacin, 17% phosphorus.

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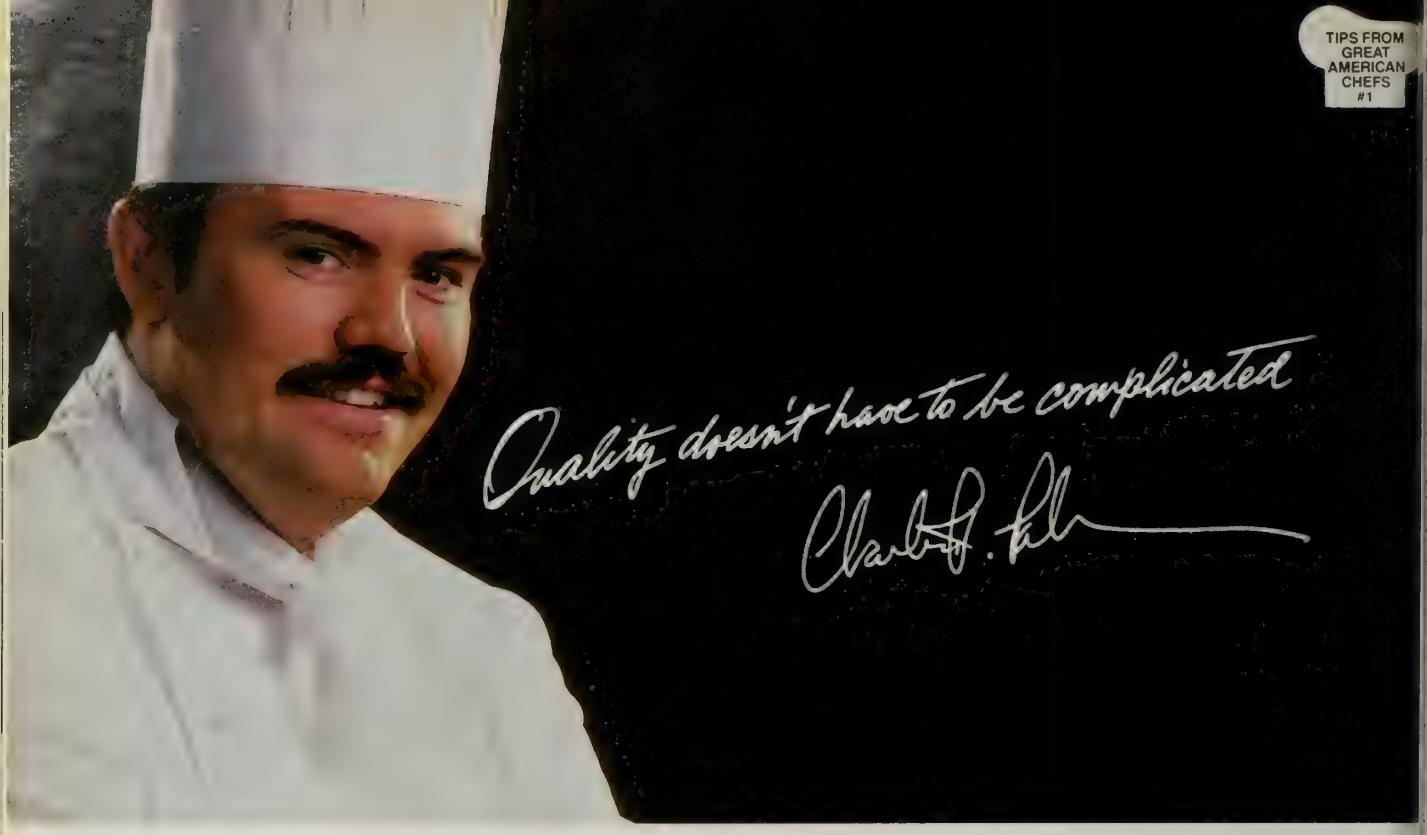
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Waffles

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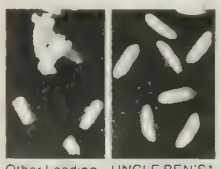
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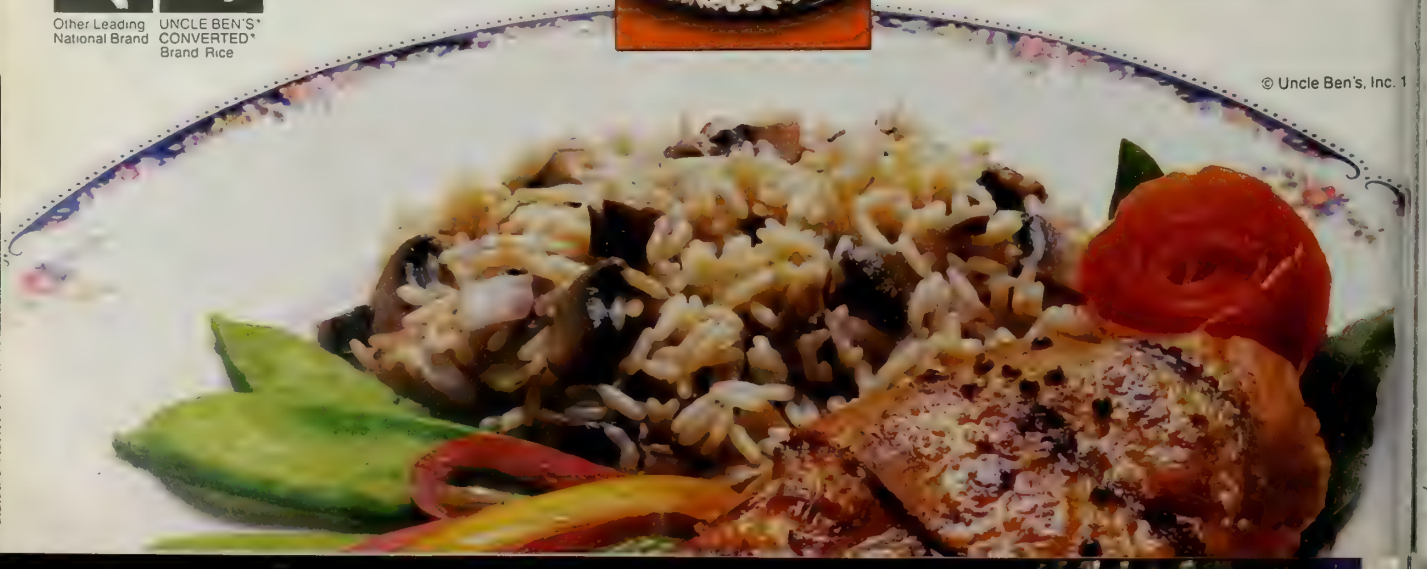
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TURKEY ROASTING GUIDE



It's turkey time again! Roast a bird to succulent perfection using these cooking times and tips.

THAWING A TURKEY

Refrigerator thawing: Place the frozen bird in its original wrap on a tray. Refrigerate 3 to 4 days (24 hours for each 5 pounds).

Cold-water thawing: Place the frozen turkey in its original wrap in a sink filled with cold water. Change water every 30 minutes. Allow 30 minutes thawing time for each pound of turkey.

BEFORE ROASTING

After thawing: Unwrap, free legs and tail, then remove giblets and neck piece from the cavities. Thoroughly rinse bird; pat dry. *Don't stuff bird till you cook it.*

To stuff the turkey: Spoon some stuffing *loosely* into neck cavity; pull neck skin over stuffing and fasten the skin securely to back of bird with a skewer. Place turkey, neck side down, in large bowl. Loosely spoon stuffing into the body cavity; do not pack or the stuffing will not cook properly. Tuck drumsticks under the band of skin across the tail or securely tie legs to tail. Twist wing tips under the back.

ROASTING DIRECTIONS

To prepare turkey for roasting, place bird, breast side up, on rack in shallow roasting pan. Brush with cooking oil. Insert meat thermometer in center of inside thigh muscle, so the bulb does not touch a bone.

TURKEY ROASTING TIMES

Because birds differ in size, shape, and tenderness, use these roasting times as a general guide.

Type of Turkey	Ready-to-Cook Weight	Oven Temp.	Guide to Roasting Time
Stuffed Whole Turkey	6–8 lb.	325°	3–3½ hr.
	8–12 lb.	325°	3½–4½ hr.
	12–16 lb.	325°	4–5 hr.
	16–20 lb.	325°	4½–5½ hr.
	20–24 lb.	325°	5–6½ hr.
Foil-Wrapped Turkey (unstuffed)	8–10 lb.	450°	1¼–1¾ hr.
	10–12 lb.	450°	1¾–2¼ hr.
	12–16 lb.	450°	2¼–3 hr.
	16–20 lb.	450°	3–3½ hr.
	20–24 lb.	450°	3½–4½ hr.
Frozen Prestuffed Turkey	7–9 lb.	325°	5–5½ hr.
	9–11 lb.	325°	5½–6 hr.
	11–14 lb.	325°	6–6½ hr.
	14–16 lb.	325°	6½–7 hr.
Turkey Breast and Portions	2–4 lb.	325°	1½–2 hr.
	3–5 lb.	325°	1½–2½ hr.
	5–7 lb.	325°	2–2½ hr.

Servings: For turkey weighing 12 lb. or less, allow 1 lb. per serving; over 12 lb. allow ¾ lb. per serving. For boneless turkey breast, allow 4 oz. per serving.

Open roasting pan: Prepare as directed at left. Cover turkey loosely with a foil "cap" that barely touches bird. Press foil lightly at ends of drumsticks and neck. Roast in 325° oven. Baste occasionally. Remove foil last 30 minutes for browning.

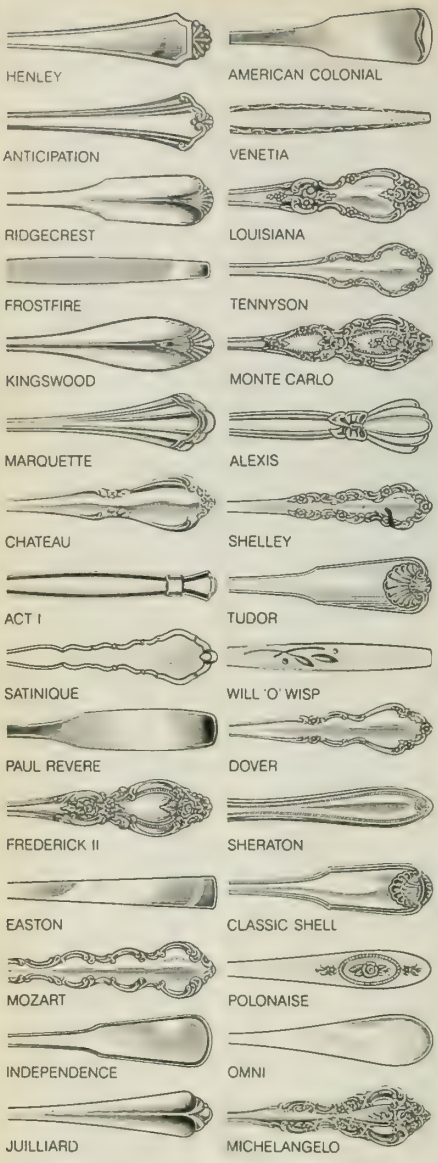
Covered roasting pan: Prepare bird as directed at left. *Do not add water.* Roast, covered with vent open, in 325° oven 20 to 25 minutes per pound. Uncover; drain, reserving pan juices. Raise the oven temperature to 475°. Continue roasting for 20 minutes more or till turkey is brown.

Foil-wrapped turkey: Wrap the turkey, breast side up, in a piece of greased, heavy foil. Place in large shallow roasting pan. Insert meat thermometer in the thigh muscle through the foil. Place pan in a 450° oven. Roast till done. Open the foil for the last 20 to 30 minutes of cooking time.

Frozen prestuffed turkey: *Do not thaw turkey.* Remove wrap; place the frozen turkey on a rack in a shallow roasting pan; brush bird with cooking oil, butter, or margarine. Place in a 325° oven. Baste occasionally with pan drippings or oil. Cover entire turkey loosely with foil to prevent overbrowning, if necessary. After 3 hours, insert meat thermometer in center of the inside thigh muscle. Roast till turkey is done.

Testing doneness: Roast bird till thermometer registers 180° to 185° or till the thickest part of drumstick is soft and twists in the socket, and meat is fork tender. Make sure the juices are no longer pink when thigh meat is pricked with a fork. Remove from oven; loosely cover with foil. Let stand 15 minutes before slicing. If stuffed, the stuffing temperature should be 165°.

Turkey breast and breast portions: Place the thawed turkey, skin side up, on a rack in a shallow roasting pan. Insert a meat thermometer. Brush breast with oil, butter, or margarine. Roast, uncovered, in a 325° oven. Baste occasionally with oil. Cover turkey loosely with foil to prevent overbrowning. Roast till thermometer inserted in breast muscle registers 170° (do not overcook). Let turkey stand 10 minutes.



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CHOOSE-YOUR-FRUIT COFFEE CAKE



Raspberries make a colorful filling in Any-Fruit Coffee Cake.

In any single week, *BH&G* food editors taste, read about, or dream of hundreds and hundreds of recipes. Not surprisingly, we have personal favorites—recipes we've published in the past and now serve our families. Any-Fruit Coffee Cake is one of those recipes and chances are it will become one of your favorites, too. In addition to tasting wonderful, it's easy to bake the night before serving.

ANY-FRUIT COFFEE CAKE

When your preferred fruit is out of season, try frozen, unsweetened peaches, blueberries, or raspberries—

- **2 cups raspberries *or* 2 cups chopped, peeled apples, apricots, peaches, or pineapple**
- **1 tablespoon lemon juice**
- **½ cup sugar**
- **3 tablespoons cornstarch**
- **1½ cups all-purpose flour**
- **½ cup sugar**
- **1½ teaspoons baking powder**
- **½ teaspoon ground cinnamon**
- **⅛ teaspoon ground mace**
- **½ cup margarine *or* butter**
- **1 slightly beaten egg**
- **½ cup milk**
- **½ teaspoon vanilla**
- **¼ cup sugar**
- **¼ cup all-purpose flour**
- **2 tablespoons margarine *or* butter**
- **¼ cup chopped walnuts**

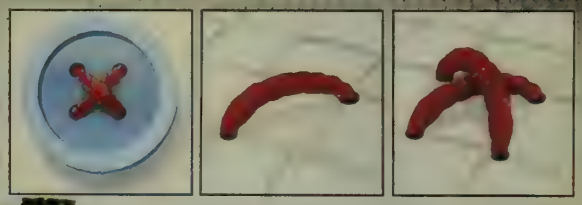
In a medium saucepan combine fruit and ½ cup *water*. Simmer, covered, for 5 minutes or till fruit is tender. Stir in lemon juice. Mix the ½ cup sugar and cornstarch; stir into fruit mixture. Cook and stir till thickened. Cool.

In a mixing bowl stir together 1½ cups flour, ½ cup sugar, baking powder, cinnamon, mace, and ¼ teaspoon *salt*. Cut in ½ cup margarine or butter till mixture resembles fine crumbs. Combine egg, milk, and vanilla. Add to flour mixture, mixing till blended. Spread *half* of the batter in a greased 9x9x2-inch baking pan.

Spread the cooled fruit over batter. Spread remaining batter over fruit. Combine the ¼ cup sugar and ¼ cup flour; cut in the 2 tablespoons margarine till mixture resembles coarse crumbs. Stir in nuts. Sprinkle nut mixture over batter in pan. Bake in a 350° oven for 40 to 45 minutes or till done. Cool. Makes 1 coffee cake (12 servings).

Nutrition information per serving: 280 cal., 3 g pro., 41 g carbo., 12 g fat, 24 mg chol., 205 mg sodium, and 1 g dietary fiber. BH&G

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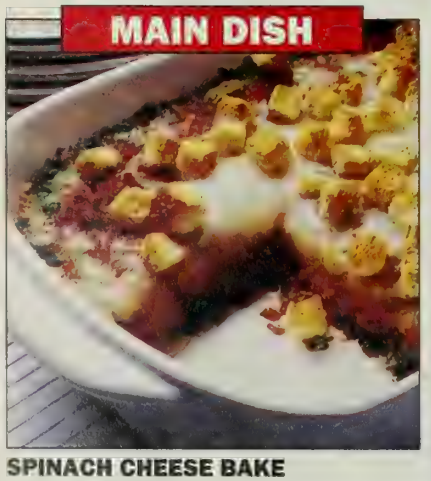
FOOD

MAKE-AHEAD PARTY MENU

FIX-AND-CHILL RECIPES LET YOU ENTERTAIN WITH EASE

This easy menu for eight can be completely prepared 24 hours ahead. When friends arrive, just bake the zesty entrée, toss the chilled salad, and dinner is ready!

MAIN DISH



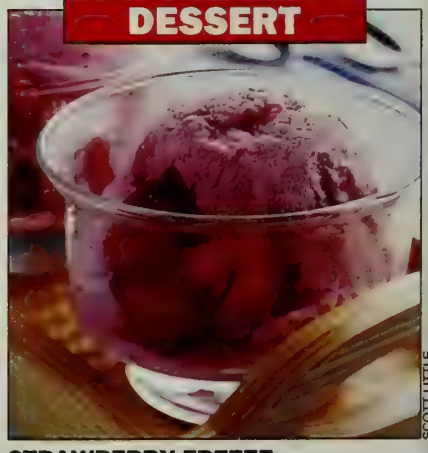
SPINACH CHEESE BAKE
Tastes like pizza!

SALAD



SESAME VEGETABLE SALAD
Toss before serving.

DESSERT



SCOTT LITTLE

STRAWBERRY FREEZE
A three-ingredient treat.

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Lea & Perrins has made a tradition of creating premium quality sauces for over 150 years. Now we've created a steak sauce so superb, it improves upon perfection.



SPINACH CHEESE BAKE

2 10-ounce packages frozen chopped spinach, thawed
1 pound bulk Italian sausage
1 8-ounce can tomato sauce
2 cups cream-style cottage cheese
½ cup grated Parmesan cheese
1 slightly beaten egg
1 8-ounce package (2 cups) shredded mozzarella cheese
2 cups herb-seasoned croutons

Drain spinach thoroughly, squeezing out liquid. In skillet cook sausage till brown; drain fat. Stir in tomato sauce; set aside. In a large bowl combine drained spinach, cottage cheese, Parmesan, and egg; spread mixture in bottom of a 12x7½x2-inch baking dish. Spoon sausage mixture over. Top with mozzarella. Cover; chill several hours or overnight. Before serving, sprinkle croutons over cheese. Bake in a 350° oven 40 minutes. Serves 8.

Nutrition information per serving: 344 cal., 27 g pro., 13 g carbo., 20 g fat, 86 mg chol., 1,207 mg sodium.

SESAME VEGETABLE SALAD

8 cups torn leaf lettuce
2 tablespoons sesame seed, toasted
¼ teaspoon sugar
⅓ cup dairy sour cream
⅓ cup mayonnaise
1 tablespoon vinegar
⅓ cup green pepper strips
⅓ cup sliced cucumber
1 small carrot, bias sliced
¼ cup finely chopped onion

Place lettuce in bottom of a large bowl. Sprinkle with *1 tablespoon* sesame seed and the sugar. Season with *salt* and *pepper*. In a small bowl combine sour cream, mayonnaise, and vinegar. Stir in green pepper, cucumber, carrot, and onion. Spoon sour cream mixture atop lettuce, spreading to edge of bowl. Sprinkle with remaining sesame seed. Cover tightly; chill up to 24 hours. Toss before serving. Serves 8.

Nutrition information per serving: 122 cal., 2 g pro., 5 g carbo., 11 g fat, 10 mg chol., 87 mg sodium.

STRAWBERRY FREEZE

2 10-ounce packages frozen strawberries *or* sliced peaches
2 5⅓-ounce cans evaporated milk
½ cup sifted powdered sugar

Set a few frozen strawberries or peach slices aside for garnish. In a large mixer bowl break up the remaining frozen strawberries or peaches with a fork. Let stand a few minutes till fruit starts to thaw. Add the milk and sugar. Beat with an electric mixer on low speed just till mixture is blended. Beat on medium speed for 6 to 8 minutes or till mixture is thick and creamy. Pour fruit mixture into a 12x7½x2-inch pan. Freeze several hours or overnight. To serve, scoop frozen mixture into sherbet dishes. Garnish each serving with slices of reserved strawberries or peach slices. Makes 8 (¾-cup) servings.

Nutrition information per serving: 170 cal., 4 g pro., 35 g carbo., 4 g fat, 12 mg chol., 44 mg sodium. U.S. RDA: 50% vit. C, 10% thiamine, 12% calcium, 10% phosphorus. BH&G

SAVORY STEW!

COMFORT FOOD FROM WHAT'S ON HAND

By Joy Taylor



PHOTOGRAPH: SCOTT LITTLE. FOOD STYLIST: DIANA NOLIN

A warming dinner, ready to serve the family in 30 minutes or less.

Customize a 30-minute stew, using meat and vegetables you have on hand. Pork and carrots, chicken with broccoli, or turkey and peas? You decide! Each combination is delicious and kitchen tested.

INGREDIENT OPTIONS

Pick one ingredient from each section—

Meat Choices

- **¾ pound** cubed boneless pork
- **1½ pounds** whole chicken breasts, skinned, boned, and cubed
- **¾ pound** boneless turkey breast *or* tenderloin steaks, cut into bite-size cubes or strips

Potato Choices

- **One 16-ounce can** sliced potatoes, drained
- **2 cups** frozen loose-pack hash brown potatoes
- **2 cups** frozen hash brown potatoes with onion and peppers

Liquid Choices

- **1 cup** apple juice, apple cider, *or* dry white wine

Frozen Vegetable Choices

- **Long-cooking vegetables:** *1 cup* loose-pack crinkle-cut carrots, lima beans, brussels sprouts, cauliflower, mixed vegetables, *or* small whole onions, *or* succotash, broken up
- **Short-cooking vegetables:** *one 10-ounce package* cut asparagus, cut green beans, French-style green beans, cut broccoli, whole kernel corn, *or* peas, broken up

Seasoning Choices

- **½ teaspoon** dried sage, dillweed, basil, marjoram, oregano, *or* thyme, crushed

Gravy Choices

- **One 12-ounce jar** chicken, mushroom, turkey, au jus gravy, *or* brown gravy with onion

PICK-AND-CHOOSE STEW

Four simple steps to a savory stew—

1. In a 4½-quart Dutch oven brow **meat choice** in 1 tablespoon *hot oil* ti no pink remains. Drain off fat.

2. Add **potato, liquid, long-cookin vegetable,** and **seasoning choice** Add ½ teaspoon *salt.* Bring to boilin reduce heat. Cover and simmer mi ture for 5 minutes.

3. Stir in **short-cooking vegetab choice;** return to boiling. Reduce hea cover and cook for 5 minutes more.

4. Add **gravy choice;** heat throug Serve with desired breads or cracke and fresh fruit. Makes 4 servings.

Nutrition information per ser ing (with pork, carrots, frozen ha browns, green beans, and brou gravy): *362 cal., 26 g pro., 38 g carbo., g fat, 49 mg chol., 392 mg sodium, ana g dietary fiber. U.S. RDA: 137% vit. . 23% vit. C, 63% thiamine, 21% ribof vin, 36% niacin, 18% iron, and 31 phosphorus.* BH&G

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HONEY-CORNMEAL BISCUITS

Heat oven to 450°

1-3/4 cups Bisquick® baking mix
1/2 cup yellow cornmeal
1/2 cup milk
2 tbsp. honey

Honey.

MIX all ingredients until dough forms; beat 30 seconds.

TURN dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times. Roll 1/2" thick. Cut with 2" cutter dipped in baking mix.

BAKE on ungreased cookie sheet until golden brown, 8 to 10 minutes. Serve with additional honey or Honey Butter (below). 12 biscuits.

Honey Butter: Beat 1/2 cup margarine or butter, softened, 1/4 cup honey and, if desired, 1/2 tsp. grated orange peel until fluffy.

Honey-Cornmeal Drop Biscuits: After beating, drop dough by rounded spoonfuls onto ungreased cookie sheet. Bake until golden brown, 10 to 12 minutes.

High Altitude: Heat oven to 475°

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WIN MONEY FOR YOUR RECIPES
See Page 191 For Details

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES



Cajun and Creole Dishes

File under Main Dishes
November 1987

$100 WINNER *Gail N. Munford, Detroit, Mich.*

Praline Chicken Breasts

Gail added the flavor of pralines, a favorite southern sweet, to baked chicken—

- ¾ cup ground pecans
- 3 tablespoons margarine *or* butter, softened
- 2 whole medium chicken breasts (about 1½ pounds total), boned and halved lengthwise
- 2 teaspoons Cajun-creole seasoning
- ⅓ cup maple-flavored syrup
- 2 tablespoons brown sugar

In a small mixing bowl stir together pecans and *2 tablespoons* of the margarine or butter. Rinse chicken; pat dry. Loosen skin on chicken breasts, leaving one end attached. Spread a *fourth* of the pecan mixture evenly under skin of *each* chicken piece; replace skin. Place chicken, skin side up, in a 12x7½x2-inch baking dish. Sprinkle *each* piece with *½ teaspoon* of the Cajun-creole seasoning.

For sauce, in a small saucepan bring remaining margarine, syrup, and brown sugar to boiling; pour over chicken. Bake, uncovered, in a 350° oven for 30 minutes or till chicken is tender when pierced with a fork and no longer pink, basting occasionally with sauce.

To serve, transfer chicken to a platter. Skim fat off juices in dish; spoon over chicken. Makes 4 servings.

Nutrition information per serving: 452 cal., 36 g pro., 27 g carbo., 22 g fat, 96 mg chol., 190 mg sodium, 1 g dietary fiber. U.S. RDA: 15% vit. A, 15% thiamine, 10% riboflavin, 79% niacin, 12% iron, 31% phosphorus.

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES



Festive Cakes and Tortes

File under Cakes
November 1987

$100 WINNER *Pauline A. Herrmann, Becket, Mass.*

Walnut Mocha Torte

Rich, moist, and easy! Make the cake completely in your blender—

- 1 cup walnuts *or* pecans
- 2 tablespoons all-purpose flour
- 2½ teaspoons baking powder
- 4 eggs
- ¾ cup sugar
- 1 recipe Mocha Frosting
- Walnut *or* pecan halves

Grease and lightly flour two 8x1½-inch round baking pans. Combine the 1 cup nuts, flour, and baking powder. In a blender container blend eggs and sugar, covered, till smooth. Add nut mixture. Cover; blend till smooth. Transfer to pans. Bake in a 350° oven 20 to 25 minutes or till done. Cool 10 minutes on wire racks. Remove from pans; cool. Spread Mocha Frosting between layers and on top and sides of cake. Top with nut halves. Chill several hours. Makes 8 servings.

Mocha Frosting: In a small mixer bowl dissolve 1 teaspoon crushed *instant coffee crystals* in 1 cup *whipping cream;* beat on low speed till slightly thickened. Add ⅓ cup *sugar* and ¼ cup *unsweetened cocoa powder;* beat till thick. Makes 2½ cups.

Nutrition information per serving: 356 cal., 6 g pro., 34 g carbo., 24 g fat, 177 mg chol., 160 mg sodium, and 1 g dietary fiber. U.S. RDA: 12% vit. A, 11% calcium, and 14% phosphorus.





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PRIZE TESTED RECIPES®

Festive Cakes and Tortes

File under Cakes
November 1987



$50 WINNER *Laurel Checkelsky, Centerburg, Ohio*

After-Brunch Cheese 'n' Cake

Laurel serves this refreshing, fancy dessert when a meal, such as brunch, calls for a not-so-filling finale—

- 1 package 2-layer-size cake mix (any flavor)
- 1 8-ounce package cream cheese, softened
- ⅓ cup sugar
- 2 teaspoons vanilla
- 1 8-ounce container frozen whipped dessert topping, thawed
- 1 cup dairy sour cream
- Jam *or* jelly (optional)
- Toasted coconut (optional)

Prepare cake mix according to package directions, *except* use a greased and floured 10-inch tube pan or 9-inch springform pan. Bake at temperature package directs 45 to 55 minutes or till toothpick inserted in center comes out clean. Cool on wire rack 15 minutes. Remove from pan; cool. Use a serrated knife to slice cake horizontally into three layers.

For frosting, in a large mixer bowl beat cream cheese with an electric mixer on medium speed till smooth. Add sugar and vanilla; beat till smooth. Add whipped topping and sour cream; beat till smooth.

Spread a *third* of the frosting on bottom cake layer. Spoon a thin ring of jam atop. Repeat with another *third* of frosting, second cake layer, and more jam. Top with third cake layer; spread with remaining cheese mixture. Spoon on more jam; sprinkle with coconut. Chill any leftover cake. Makes 12 servings.

Nutrition information per serving: 445 cal., 5 g pro., 45 g carbo., 28 g fat, 98 mg chol., 364 mg sodium, and 1 g dietary fiber. U.S. RDA: 13% vit. A, 11% riboflavin,

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Cajun and Creole Dishes

File under Main Dishes
November 1987



$50 WINNER *Deborah C. Ramsey, Lexa, Ark.*

Curry Shrimp Creole

Nuts, raisins, and curry powder give this creole dish a special touch—

- 12 ounces fresh *or* frozen peeled and deveined shrimp
- 2 medium onions, chopped (1 cup)
- 1 medium green pepper, cut into 1-inch pieces
- 1 stalk celery, sliced
- 1 clove garlic, minced
- 2 tablespoons cooking oil
- 1 16-ounce can tomatoes, cut up
- ½ cup slivered almonds
- ½ cup raisins
- ¼ cup snipped parsley
- ¼ cup chili sauce
- 1 teaspoon lemon juice
- ½ teaspoon salt
- ½ teaspoon bottled hot pepper sauce
- ¼ teaspoon white pepper
- ¼ teaspoon curry powder
- ¼ teaspoon dried thyme, crushed
- Hot cooked rice

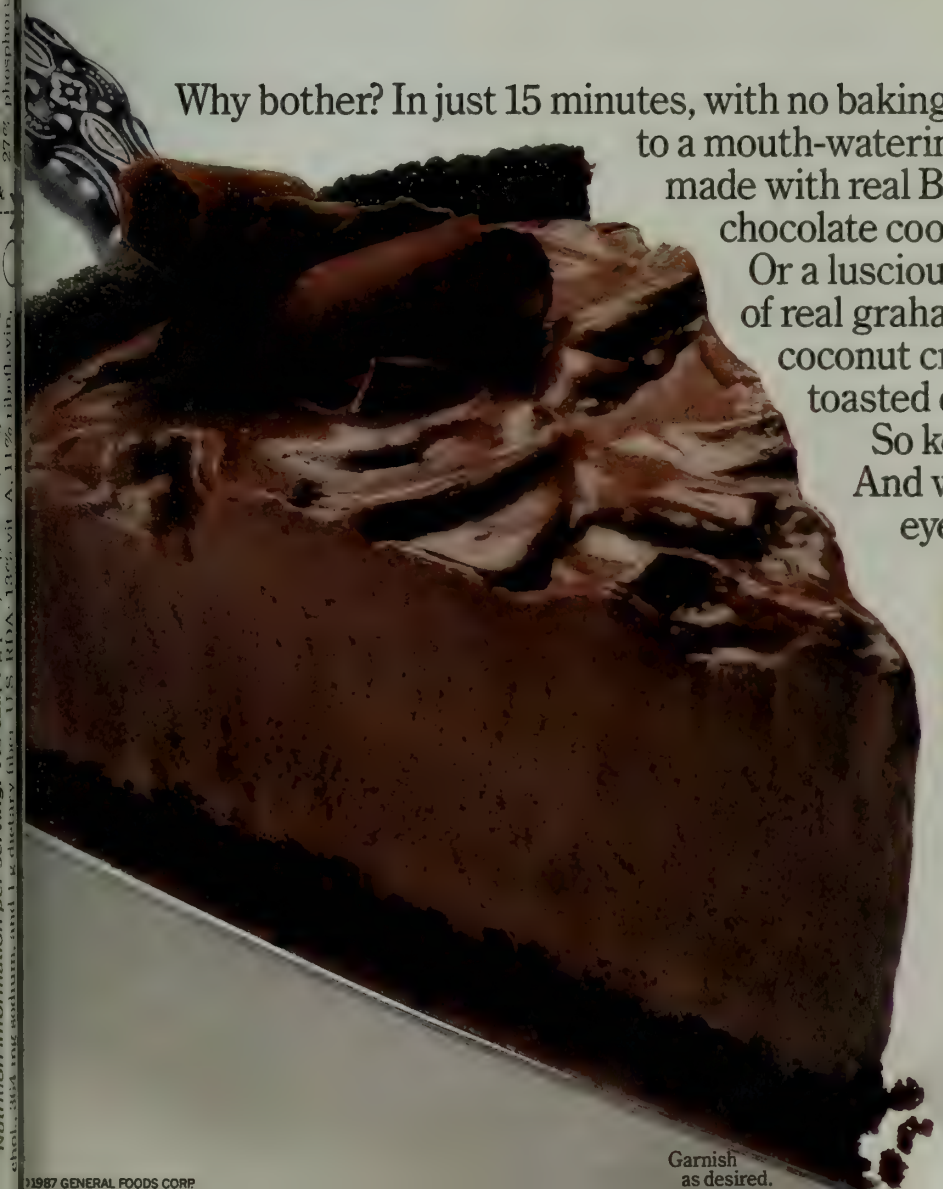
Thaw shrimp, if frozen. In a 12-inch skillet cook onions, green pepper, celery, and garlic in hot oil till crisp-tender. Add *undrained* tomatoes, almonds, raisins, parsley, chili sauce, lemon juice, salt, bottled hot pepper sauce, white pepper, curry powder, and thyme. Bring to boiling; reduce heat. Cover and simmer 30 minutes. Add shrimp. Return to boiling; reduce heat. Cover; simmer 5 minutes or till shrimp turn pink. Serve over rice. Makes 4 servings.

Nutrition information per serving with ½ cup rice: 421 cal., 17 g pro., 58 g carbo., 16 g fat, 53 mg chol., 756 mg sodium, 7 g dietary fiber. U.S. RDA: 26% vit. A, 84% vit. C, 20% thiamine, 13% riboflavin, 22% niacin, 15% calcium, 24% iron, 27% phosphorus.

Buying information, page 206.

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Two $50 Runners-Up
Six $25 Honor Roll Winners

Home cooks, show us your stuff! Your recipe could be a winner just like those recipes featured on *pages 187–188.* In fact, each month we give away $450 to 10 creative cooks who want to share recipes on the Prize Tested Recipe pages of Better Homes and Gardens®. Look for the monthly "Win Money" column in which we ask you to send us your original recipes in two special categories. Seven months later, we publish the winning recipes. You have lots of chances to win, and can enter as often as you like.

THIS MONTH'S CATEGORIES

Rice Side Dishes
Yogurt Ideas

What unique rice combination have you created as a fantastic meal accompaniment? What original dessert or snack recipe do you prepare that calls for yogurt?

Send us your recipes—you could be a winner. Two Cooks of the Month receive $100 each, two Runners-Up receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages of Better Homes and Gardens® next June. Winners receive a certificate and six copies of their recipe.

HINTS TO HELP YOU

Rice Side Dishes: You can start with a rice mix, or use any type of rice—white, brown, wild, or instant. Do you add vegetables, fruit, or other whole grains to rice? **Hints: Greek wild rice salad, cinnamon raisin rice pilaf.**



MIKE DIETER

Stir together a yogurt snack or dessert.

Yogurt Ideas: Yogurt adds a unique, piquant flavor to many types of dessert and sweet snack recipes. Do you use yogurt as a low-fat substitute for dairy sour cream in one of your favorite baked goods? **Hints: frozen yogurt crunch, trail mix yogurt cup, chocolate yogurt cupcakes, strawberry yogurt pound cake, yogurt and banana shake.**

WINNERS IN THIS ISSUE

$100 Winners

Pauline A. Herrmann, Becket, Mass.; Gail N. Munford, Detroit, Mich.

$50 Winners

Laurel Checkelsky, Centerburg, Ohio; Deborah C. Ramsey, Lexa, Ark.

Honor Roll Winners

John M. Canto, Somerset, Mass.; Denise A. Crumrine, Norwalk, Ohio; Edith Foster, Hattiesburg, Miss.; Priscilla Glaser, Beldenville, Wis.; Helen T. Green, Memphis, Tenn.; Peggie A. Miller, Midland, Mich.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "June Rice Side Dishes" or "June Yogurt Ideas." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, November 30, 1987. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8806 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation. BH&G

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Place Fork	15.00	7.00	11.00	5.00	6.75	3.00	5.50	2.50
Salad Fork	15.00	7.00	9.00	3.75	6.25	2.75	5.00	2.25
Soup Spoon	15.00	7.00	9.00	3.75	6.00	2.75	5.50	2.50
Butter Spreader[A]	16.00	7.50	12.00	5.50	9.50	4.50	5.25	2.50
Cocktail Fork	16.00	7.50	8.50	4.00	6.00	2.75	5.25	2.50
Steak Knife	16.00	7.50	13.50	6.00	11.50	5.25	10.25	4.50
Demitasse Spoon	9.75	4.75	6.25	3.00	—	—	—	—
Iced Tea Spoon	16.00	7.50	9.00	4.00	6.00	2.75	4.75	2.25
Fruit Spoon[B]	—	—	7.00	3.75	5.25	2.50	4.75	2.25
Butter Knife	18.00	8.50	12.50	6.00	10.50	5.00	5.25	2.50
Sugar Spoon	18.00	8.50	10.50	5.00	7.00	3.50	5.25	2.50
Tablespoon	24.50	11.50	12.50	6.00	9.25	4.50	7.00	3.00
Pierced Tablespoon	24.50	11.50	12.50	6.00	9.25	4.50	7.00	3.00
Cold Meat Fork	24.50	11.50	15.25	7.25	12.00	5.75	9.00	4.00
Gravy Ladle	24.50	11.50	16.00	7.75	12.00	5.75	9.00	4.00
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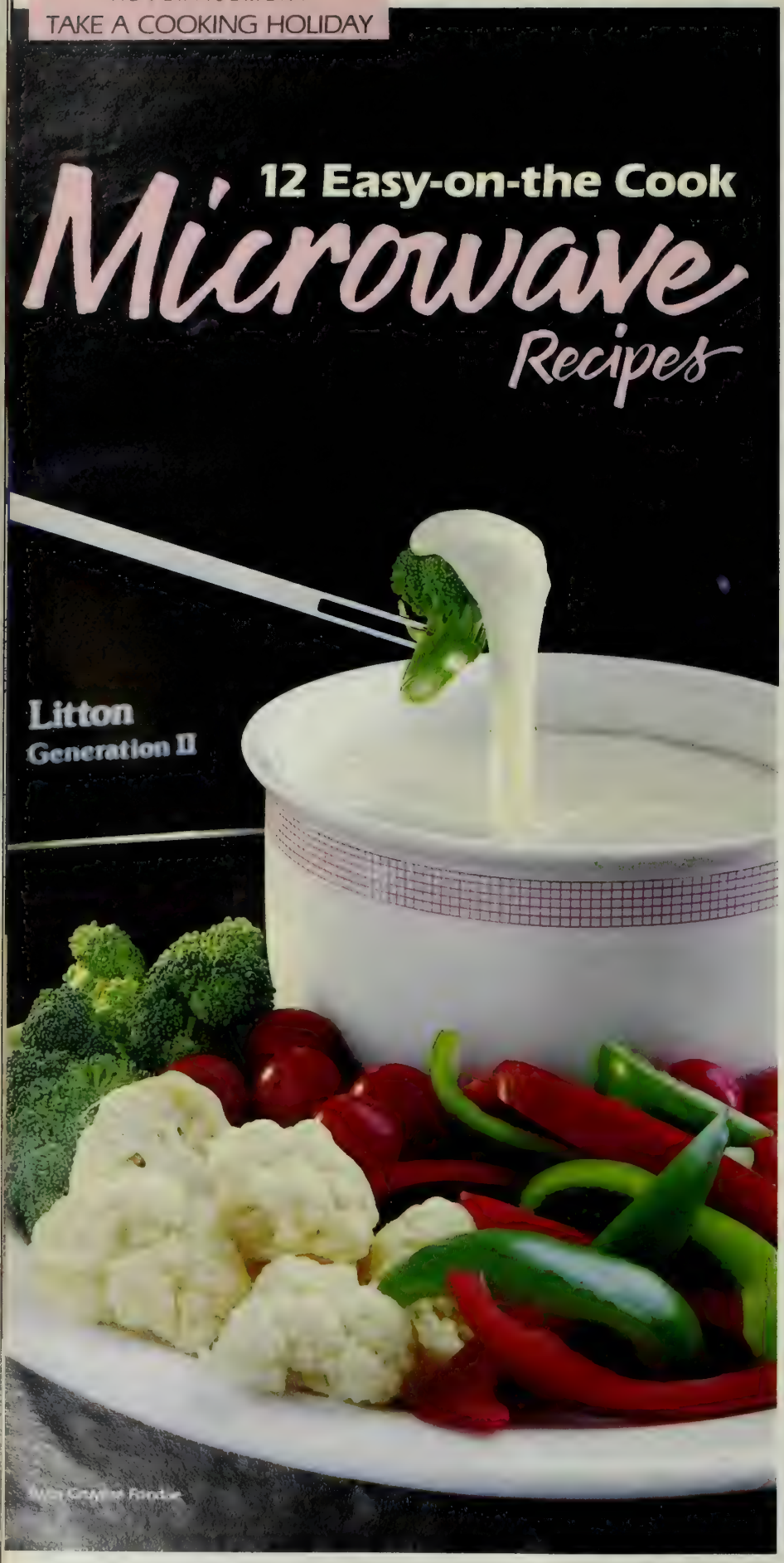
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TAKE A COOKING HOLIDAY

12 Easy-on-the Cook Microwave Recipes



This year, you can entertain family and friends and enjoy yourself, too! Here's the secret: A dozen simply delicious holiday recipes that let you relax while your microwave does the work.

1 New-Wave Fondue

Ideal for holiday entertaining, Swiss-Gruyère Fondue can be cooked and served in the same dish. Pictured left.

SWISS-GRUYÈRE FONDUE

- 2 cups shredded Gruyère cheese
- 2 cups shredded Swiss cheese
- 3 tablespoons all-purpose flour
- ½ teaspoon dry mustard
- Dash garlic powder
- ¾ cup dry white wine
- ½ teaspoon Worcestershire sauce
- Vegetable dippers or bread cubes

Toss together cheeses, flour, mustard, and garlic powder. In a 1½-quart microwave-safe casserole micro-cook wine, Worcestershire sauce, and ¼ cup water, uncovered, on 100% power (high) 1 to 1½ minutes or until hot. Add cheese mixture to hot liquid. Micro-cook, uncovered, on 50% power (medium) 7 to 9 minutes or until cheese is melted, stirring every 2 minutes. Serve with vegetable dippers or bread cubes. Reheat as necessary in the casserole on medium 2 to 3 minutes. Makes 8 servings.

2 Micro-Quick Munchies

Toss this mix together in less than 10 minutes, then watch it disappear.

SUGAR AND SPICE BITES

- ¼ cup margarine or butter
- ⅓ cup sugar
- 1 teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- Dash ground cloves
- 4 cups bite-size shredded wheat biscuits
- ½ cup raisins

In a 2-quart microwave-safe casserole micro-cook margarine, uncovered, on 100% power (high) 45 to 60 seconds or until melted. Combine sugar and spices. Add cereal to melted margarine, tossing to coat. Add sugar mixture; toss to coat. Micro-cook, uncovered, on high 3 to 4 minutes more or until cereal is heated through. Stir in raisins. Cool. Makes 4½ cups.

All of the recipes in this section were tested in 600- to 700-watt countertop microwave ovens. The cooking times are approximate because microwave ovens vary by manufacturer.



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3 Company-Special Snacks

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WALNUT-STUFFED MUSHROOMS

- 12 large fresh mushrooms
- 1 3-ounce package cream cheese with chives
- ¼ cup finely chopped walnuts
- 1 teaspoon lemon juice
- Dash bottled hot pepper sauce

Wash and dry mushrooms. Remove stems; finely chop stems. In a small microwave-safe bowl micro-cook cream cheese, uncovered, on 30% power (medium-low) 1 to 1½ minutes or until softened. Stir in mushroom stems, walnuts, lemon juice, and hot pepper sauce. Fill each mushroom with 1 tablespoon cream cheese mixture; arrange in a circle in a 9-inch microwave-safe pie plate. Micro-cook, uncovered, on 100% power (high) 3 to 4 minutes, turning plate once after 2 minutes. Makes 12 appetizers.

4 Ham in Just 15 Minutes

This speedy recipe is perfect for brunch or dinner. Whip up the peach glaze in the blender.

PEACH-GLAZED HAM SLICE

- 1 8¾-ounce can peach slices, drained
- 2 tablespoons honey
- 2 tablespoons lemon juice
- ¼ teaspoon ground cinnamon
- 1 1½- to 2-pound fully cooked ham slice, boned and cut 1¼ inches thick

For glaze, in a blender container combine peach slices, honey, lemon juice, and cinnamon. Cover and blend until smooth. Place ham in a 10x6x2-inch microwave-safe baking dish. Cover with waxed paper. Micro-cook on 100% power (high) 8 to 10 minutes or until heated through, turning ham over and brushing with glaze after 5 minutes. In a 2-cup microwave-safe measure micro-cook remaining glaze, uncovered, on high 1 to 2 minutes or until heated through. Spoon over ham. Makes 6 to 8 servings.

5 Another Taste Of Turkey

Here's proof positive that Thanksgiving turkey is just as delicious the second time around.

TURKEY AU GRATIN

- 1 stalk celery, sliced
- 1 medium onion, chopped
- 2 tablespoons margarine or butter
- 2 cups milk
- 1 cup quick-cooking rice
- 1½ cups diced cooked turkey
- 1 10¾-ounce can condensed cream of mushroom soup
- 1 cup herb-seasoned stuffing mix
- 1 cup shredded cheddar cheese (4 ounces)
- 1 4-ounce can green chili peppers, rinsed, seeded, and chopped (optional)

In a 2-quart microwave-safe casserole combine celery, onion, and margarine. Micro-cook, covered, on 100% power (high) 2 to 3 minutes or until onion is tender. Add milk. Micro-cook, covered, on high 4 to 6 minutes or until steaming and foamy but not boiling. Stir in uncooked rice. Let stand, covered, 2 minutes.

Stir in turkey, condensed soup, stuffing mix, half of the cheese, and, if desired, chili peppers. Micro-cook, covered, on high 5 to 7 minutes or until heated through, stirring once. Sprinkle with remaining cheese. Let stand until cheese is melted. Serves 6.

6 Cornish Hens in Half the Time

Cook up a new holiday tradition with the festive cranberry-and-cherry-glazed Cornish hens, pictured left. Your microwave makes it easy.

CHERRY-GLAZED CORNISH HENS

- 2 1- to 1½-pound Cornish game hens
- ¼ cup cherry preserves
- ¼ cup cranberry juice cocktail
- 1½ teaspoons cornstarch
- 1 teaspoon soy sauce
- ¼ teaspoon finely shredded orange peel

Thaw hens, if frozen. For glaze, in a 1-cup microwave-safe measure combine cherry preserves, cranberry juice cocktail, cornstarch, soy sauce, and orange peel. Micro-cook, uncovered, on 100% power (high) 1 to 2 minutes or until thickened and bubbly, stirring once. Set aside.

Rinse hens and pat dry. Season cavities of hens with salt and pepper. Tie legs to tail. Twist wing tips under back. Place hens, breast side down, on a microwave-safe roasting pan with rack. Cover with waxed paper. Micro-cook on high 13 to 18 minutes or until done, turning hens breast side up and brushing with glaze after 8 minutes. When hens are done, the drumsticks should move easily in their sockets and no pink should remain. Brush with remaining glaze. Cut in half to serve. Makes 4 servings.

Thaw Your Turkey In Almost No Time

If you have a frozen bird on your hands, call on your microwave oven for help.

Place an 8- to 10-pound unwrapped bird, breast side down, in a microwave-safe baking dish. Remove the metal clamp, if present. Defrost on 30% power (medium-low) 25 minutes for 8-pound bird and 30 minutes for 10-pound bird. Halfway through defrosting time, turn the bird breast side up and remove the giblets packet. Remove bird from the microwave oven when it starts to cook on the edges. Let bird stand in cold water 30 minutes. Return to microwave-safe baking dish. Defrost 8-pound bird 20 minutes longer and 10-pound bird 30 minutes longer on medium-low. Halfway through the defrosting time, turn bird over.

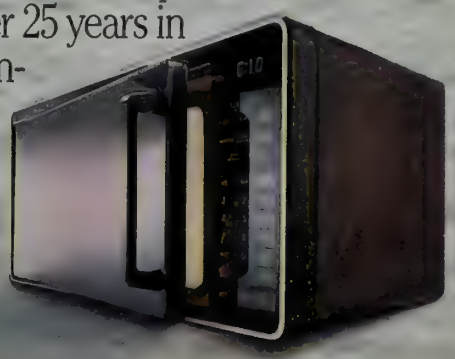
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Spicy Poached Fruit

7 Naturally Sweet Potatoes

Studded with dried fruit, this dish is a delicious alternative to mashed sweet potatoes.

FRUITED SWEET POTATOES

In a 2-cup microwave-safe measure combine ½ cup mixed dried fruit bits and ½ cup water. Micro-cook, covered, on 100% power (high) 1½ to 2½ minutes or until boiling. Set aside.

Peel and quarter 3 medium sweet potatoes. In a 1-quart microwave-safe casserole micro-cook sweet potatoes in ½ cup water, covered, on high 10 to 13 minutes or until very tender, stirring once. Drain sweet potatoes and the dried fruit.

Mash potatoes with an electric mixer on low speed. Add dried fruit, 2 tablespoons margarine or butter, and ¼ teaspoon salt. Gradually beat in enough milk (about ½ to ⅔ cup) to make potatoes light and fluffy. Spoon into the 1-quart casserole. Micro-cook, uncovered, on high 2 to 3 minutes or until heated through, stirring once. Serves 5.

8 Snap, Crackle, Popcorn Balls!

Surprise popcorn lovers with these caramel-coated balls. To micro-pop popcorn, use a microwave popcorn popper or popcorn packaged specifically for microwave ovens.

CARAMEL POPCORN BALLS

- ½ of a 14-ounce package (about 25) vanilla and chocolate caramels
- 2 teaspoons margarine or butter
- 7 cups popped popcorn

In a 4-cup microwave-safe measure micro-cook the caramels, the margarine or butter, and 1 tablespoon water, uncovered, on 100% power (high) 2 to 3 minutes or until mixture can be stirred smooth. Pour the caramel mixture over the popcorn; toss gently until the popcorn is well coated.

With buttered hands, shape the popcorn mixture into 8 balls. (If mixture becomes too cool, micro-cook, uncovered, on high 30 seconds.) Cool on waxed paper. Makes 8 popcorn balls.

9 Fabulous Holiday Finale

Complete your holiday meal with this sweet-and-simple pear dessert, pictured above.

SPICY POACHED FRUIT

- ½ cup water
- ½ cup apple or grape juice or cranberry juice cocktail
- 2 tablespoons honey
- 3 inches stick cinnamon, broken up
- 2 whole cloves
- 1 ⅛-inch-thick gingerroot slice
- 4 ¼-inch-thick orange slices
- 4 medium pears or apples
- Thin orange peel strips (optional)

In a 2-quart microwave-safe casserole combine the water, the juice, the honey, the broken cinnamon, the cloves, and the gingerroot slice. Add the orange slices. Micro-cook, covered, on 100% power (high) 4 to 6 minutes or until boiling.

Meanwhile, core fruit; leave stems intact on pears, if desired. Peel pears completely (except for a decorative strip around each stem, if desired) or peel a ½-inch-wide strip from top of each apple. Add fruit to hot juice mixture. Micro-cook, covered, on high 4 to 6 minutes or until fruit is tender, rearranging and spooning cooking liquid over fruit once.

Transfer fruit and cooking liquid to serving dish. Serve warm or chilled. Garnish with orange peel strips, if desired. Serves 4.

10 Christmas Candy: Easy as 1-2-3!

Melt, stir, and drop—these candies are that easy.

CHOCOLATE CLUSTERS

In a 2-cup microwave-safe measure micro-cook 1 cup semisweet chocolate pieces and 1 tablespoon shortening on 100% power (high) 2 to 2½ minutes or until melted. Stir in 1½ cups nuts, chow mein noodles, or tiny marshmallows. Drop from a spoon onto waxed paper. Cover; refrigerate until firm. Makes about 18 pieces.

11 On-Call Cappuccino

Keep this Italian-style coffee mix on hand during the holidays. Simply add water and micro-cook.

CAPPUCCINO AND CREAM MIX

- 1½ cups orange liqueur
- ½ cup instant Italian-style coffee powder
- ¼ cup packed brown sugar
- Whipped cream or pressurized dessert topping

Combine liqueur, coffee powder, and brown sugar; mix well. Cover and store up to 2 months in the refrigerator. Makes about 2 cups mix (enough for 10 servings).

For each serving, in a microwave-safe mug combine ½ cup water and 3 tablespoons mix. Micro-cook, uncovered, on 100% power (high) 1 to 2 minutes or until hot. Top with whipped cream and, if desired, orange peel. Serves 1.

Note: For 2 servings, micro-cook on high 2½ to 3½ minutes.

12 Quick Winter Warm-Up

Mull this spicy sipper in the microwave in less than 10 minutes.

SPICED WINE PUNCH

Tie 4 inches broken stick cinnamon, 3 opened cardamom pods, and 2 whole cloves in a cheesecloth bag. In a 4-cup microwave-safe measure combine ⅔ cup grape juice, 2 tablespoons sugar, and the spice bag. Micro-cook, uncovered, on 100% power (high) 3 minutes. Stir in 2½ cups dry red wine. Micro-cook, uncovered, on high 2 to 3 minutes more or until hot. Discard spice bag. Pour wine mixture into 4 mugs. Makes 4 (6-ounce) servings.

To earn the name Revere, this pan has to go from browning | to microwave cooking | to serving.



Now you can achieve pan-fried flavor at microwave speed.

Introducing the new Revere Microwave Oven and Micro-Fryer.®

Together, these two innovations let you brown your meat on the stove, cook it fast in the microwave, and even serve it. All in the same pan.

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HOW TO ORDER

Better Homes and Gardens

Better Homes and Gardens® **Family Shopping Service has selected the products shown below to help you re-create in your own home the ideas shown on our editorial pages.**

You save time because we've done the shopping for you.

And, you can be completely confident the gardening items, cookware, and videos presented on this page are of the highest quality and meet our strict standards of excellence.

Gifts to Give and Grow (pages 142 and 143)



Potted Crocuses. Nine bulbs shipped in a ceramic delft blue pot.



Flutterby™ Syngonium. The foliage plant you look at twice. A 3-inch plant shipped in a plastic pot.



Dallas Fern™. You'll receive three, 3-inch plants plus three plastic pots. We also include complete instructions for creating the *Living Centerpiece Arrangement* shown above (you choose and purchase the blooming plant separately).



Potted Lily-of-the-Valley. Five pips shipped in a specially designed brass bowl measuring 6 inches in diameter and 5 inches deep.

New! Home Videos from Better Homes and Gardens®



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No more wasted paper. No more worries about cutting and pasting. No more saving the tough rooms till last. We take you through the whole papering process, step by step. From deciding on a wallpaper pattern — to filling cracks and nail holes in your walls — to papering around windows and outlets —you'll find all the know-how you need to get results you'll be proud of! VHS. 55 minutes. Color.

"Cooking Made Microwave Easy"

Finally! A video guide that shows how to go beyond baking potatos, defrosting, and reheating leftovers. From great main dishes to scrumptious desserts, you'll find all the tips and tricks to whip up *entire dinners* with your microwave. Ingredients listed on the screen, nutritional information, calorie counts, and comparison times between microwave and conventional methods. Each recipe tested and declared perfect by our ***Better Homes and Gardens®*** Test Kitchen. VHS. 45 minutes. Color.

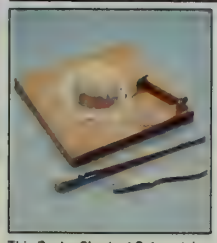
"Foolproof Flower Beds"

Whether you're just beginning or are a seasoned gardener, you'll find practical, useful advice on how to do everything in your garden, from improving "hopeless" soil to untangling roots! You'll also see the newest techniques for growing both annuals and perennials. Pat Welsh shares years of know-how as a gardening editor, teacher of horticulture, and host of a television gardening show. Clear instructions show you exactly what to do every step of the way. VHS. 55 minutes. Color.

Video Return Policy

Due to the special nature of this offering, we will gladly accept returned videos only in their original, unopened containers. We will also accept, for replacement only, any tape you may receive that is defective or damaged.

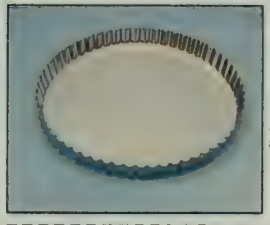
Glorious Pies (pages 152 and 153)



This **Pastry Shortcut Set** contains two pastry brushes with natural bristles plus a stainless steel pastry blender. All items have hardwood handles.



Our **Canapé and Hors d'Oeuvre Cutter Set** will create those extra special (and professional) looks to pies, cakes, cookies, and hors d'oeuvres. The set includes twelve cutters ranging in size from ½ inch to ¾ inch in diameter shipped in the handy metal storage tin shown.



This **10-Inch Aluminum Flan Pan** features a removable bottom so tarts and other festive desserts slip out easily.

Good Cook's Almanac

These three specialty cookware products ensure success in your holiday baking! See pages 22-26.



The **Gourmet Stay-Put Pastry Cloth** measures 22 x 23 inches and is manufactured from heavy cotton duck with hemmed edges. Featuring *patented* built-in suction cups, the cloth is printed with pie circles. A cotton knit rolling pin cover is included.



No more burnt cookies! The **Cushion-Aire Insulated Baking Sheet** features two sheets of high quality aluminum separated by an insulating cushion of air. The bottom sheet protects baked goods from intense oven heat so both top and bottom of baked goods are perfectly browned. Sheet measures 14 x 16 inches.



Hanukkah is a family celebration of love and tradition. Our set of six aluminum cutters features traditional Hanukkah shapes.

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142	No. 09198 Dallas Fern™ Set		$9.95	
143	No. 09196 Potted Lily-of-the-Valley		$13.95	
GLORIOUS PIES				
152, 153	No. 31265 Pastry Shortcut Set		$9.99	
152, 153	No. 31054 Canapé and Hors d'Oeuvre Cutter Set		$5.99	
152, 153	No. 31228 10-Inch Flan Pan		$4.99	
GOOD COOK'S ALMANAC				
22-26	No. 31256 Gourmet Stay-Put Pastry Cloth		$13.50	
22-26	No. 31257 Cushion-Aire Cookie Sheet		$13.95	
22-26	No. 31236 Hanukkah Cookie Cutter Set		$4.99	
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THE NEW VIDEO CAMCORDERS

AND EVERYTHING YOU NEED TO KNOW BEFORE YOU BUY

By Christine Begole

The new camcorders

Creating home movies 1980s style—on videocassette—has become child's play, whatever the age of the photographer.

One of the biggest breakthroughs is easy portability. You used to have to lug 15 pounds or more—camera plus separate recorder. Today, camera and recorder are available in a single unit, called a **camcorder** and weighing as little as 2 pounds 2 ounces.

You'll find two full-size and two compact formats, plus a host of special features. Decisions depend on how you want to use the machines, as well as on price. **Tip:** Always shop for discounts.

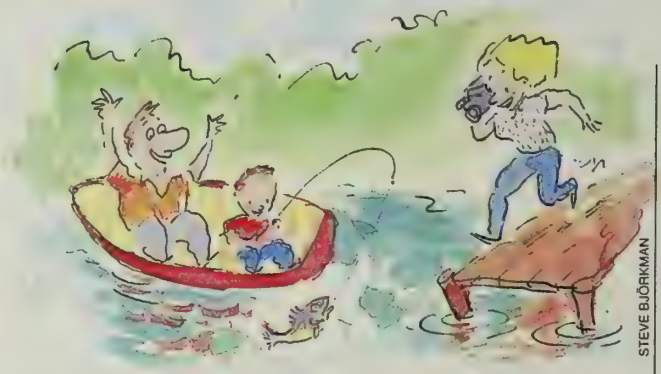
How much weight?

- **Full-size camcorders** run 5 to 7 pounds and accept full-size VHS or beta videocassettes, which fit directly into VHS or beta VCRs. Older full-size models may sell at $200 to $400 less than the $1,500-or-more price tag on their compact cousins.
- **Compact camcorders,** from 2 to 5 pounds, come in two formats: **VHS-C** and **8 mm.** VHS-C versions are inserted into an adapter that fits directly into VHS VCRs. 8-mm tapes require special 8-mm-format VCRs.

How much recording time?

In general, full-size tapes give you two hours or more; compact products vary from 20 minutes up to two hours. In addition to Standard Play (SP), some machines offer Extended Play (EP). SP results in better picture quality, right for special family moments. EP is handy and economical for such things as home inventories.

Christine Begole is a New York free lance who writes about electronics for a number of publications.



STEVE BJÖRKMAN

Lightweight and automatic, these units capture memories.

What kind of playback?

Most camcorders can be attached directly to TV sets, making VCR compatibility a convenience, not a necessity. *An exception:* Some of the less-expensive, extra-lightweight models just record and cannot be used for playback. The playback portion is packaged separately in a device that attaches to a TV.

Tip: You can use camcorders with built-in playback capabilities in several ways. To make copies of home movies for friends and relatives, for example, simply hook the camcorder up to a VCR and transfer the images from whatever tape format your camcorder uses to a full-size tape in a format that your recipient can play back. Or, put the contents of several 20-minute tapes onto a full-size tape. Full-size VHS or beta camcorders also can play back rented videotapes where there is a TV but no VCR—such as in a hotel room.

Which special features?

- **Illumination.** The amount of light you need for successful shooting is specified in terms of lux. The lower that number, the less light you need.
- **Shutter speed.** A fast shutter speed—1/1,000 second—allows you to capture fast-moving action that stays sharp and clear, even when you play it back in slow motion. That's useful for things like videos of personal sports events, so runners can check their stride, golfers their swing, swimmers their stroke.
- **Automatic focus and automatic white balance.** Most people want just to point-and-shoot. Hence, two standard features on most camcorders: automatic focus (the lens continually adjusts to keep your central subject in sharp focus); and automatic white

continued on page 203

GOOD BUYS

Here are examples of new, top-rated camcorders. All offer automatic focus, light adjustment, and white balance.

Full-Size VHS: RCA's "Pro Wonder" CPR300.



5.5 pounds. Up to two hours 40 minutes recording on one tape; adapter for playback; 5 lux; manual override to correct unusual lighting or "fade out." Variable shutter to 1/2,000 sec.; 8:1 zoom. $1,500.

Compact VHS: Panasonic OmniMovie PV100



Just 3.65 lbs. Up to one hour recording time on one tape; adapter for playback on any VHS VCR machine. A high-speed shutter (1/60 to 1/1,000); 7 lux; 6:1 zoom. $1,500.

8-mm Camcorder: Sony's Auto Handycam CCD-V5



3 lbs. 15 oz. Up to two hours recording time on one tape. Adapter for direct connection to a TV or VCR. Digital Superimposer unit for titling, etc.; 9 lux; 6:1 zoom; built-in edit switch; $1,500.



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Our family has gotten bigger, so your family won't have to settle for less than KitchenAid quality in any major appliance from now on.

You can get an idea of what sets a KitchenAid appliance apart when you consider, for instance, that our refrigerators feature gleaming porcelain interiors and bins rather than the plastic you find in other makes.

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And it's why our KitchenAid dishwasher ends hand-rinsing, so all you do is give dishes a quick scrape.

We've put so much craftsmanship, state-of-the-art technology and sheer personal pride into our appliances that every one comes backed by a one-year replacement guarantee. (Consult your local dealer for details.)

So if you ever need an appliance built to meet the most demanding standards, our families should get together.

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FOR LITERATURE WRITE KITCHENAID, DEPT. C-1R, P.O. BOX 3900, PEORIA, IL 61614.

The person who took this 35mm picture adjusted the focus, exposure and film speed.





The person who took this 35mm picture adjusted only the carrot.

With the Kodak K12 camera, anyone can take pictures that are 35 mm sharp. And Kodak easy.

It's part of our line of VR35 cameras, featuring auto focus, auto advance. Even auto loading.

So now you can get more out of your pictures. Without putting more into them.



Kodak VR 35 Cameras

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For literature write KitchenAid, Dept. C-1F, P.O. Box 3900, Peoria, IL 61614

Jeff Smith, television's Frugal Gourmet, says frugal means getting the most for your money.

It's why he chose the KitchenAid food processor for his kitchen. And why he recommends it above all others.

The KitchenAid food processor is full-size, not a toy, with the large capacity serious cooks must have. Yet it's simple to use, and easy to clean.

And it's built for durability, with famed KitchenAid quality throughout, from its heavy-duty motor to its Sabatier stainless steel blade.

Frugal Gourmet Video Offer.

Now, buy any KitchenAid food processor or mixer and get the new "Cooking with the Frugal Gourmet"© VHS video cassette for the special discount price of only $11.95. Limited offer while supplies last.

So now's the time to save effort the way the Frugal Gourmet does. With the KitchenAid food processor.

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THE NEW VIDEO CAMCORDERS

continued from page 200

balance (light is continually monitored and the color balance adjusted as you switch from bright to dim scenes). Some inexpensive camcorders are supersimplified—you get a two-position, all-purpose focus switch, and a two-position white-balance switch. Though continuous adjustments are not taking place as you shoot, you don't need to fiddle with the focus or light apertures much. Experienced photographers should look for manual overrides.

- **Audio.** Microphones are built into all camcorders, adding sound to home videos. VHS hi-fi (stereo) is available on Zenith's VM7100, for instance. For now, digital technology is only possible with the 8-mm format.
- **Batteries.** Most camcorders are powered by rechargeable battery packs that let you shoot for an hour or more. Some units recharge in just 90 minutes; others require overnight charging.
- **Playback in the viewfinder.** This feature enables you to see what you've just shot—on the spot.
- **Character generator.** It's easy to add titles and credits to your cast of thousands. Character generators allow you to set up title frames in advance so they're superimposed on the scenes you shoot. You can buy character generators separately for $250 or so. Or, you can get one that's built-in from Sony (CCD-V110).

Advice for shoppers

- A few pounds more or less might seem unimportant, but when you're traveling, every ounce counts.
- Full-size camcorders rest on your shoulder for maximum steadiness. Some compact models require the use of both hands. Check conformity to your hand size and shape.
- If you're left-eyed, look for eyepieces that shift to the right or left.

SOUND TRAVELS AT THE

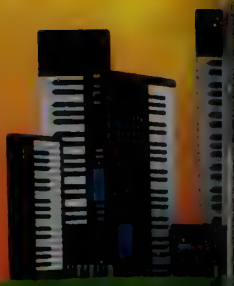
Part of the fun of home entertainment is sounding like a professional. Even if you've never played anything before.

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BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® can be obtained in leading local stores. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

AFFORDABLE REDECORATING

Pages 36–37: Rug, lamps, table—Spiegel, 1040 W. 35th St., Chicago, IL 60609. **Chair fabric**—Alan Campbell, Inc., 979 Third Ave., New York, NY 10022. **Poster**—Poster Originals, 330 Hudson St., New York, NY 10013. **Shutters**—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684.

Pages 38–39 (*left*): Painting, "Ranunculus & Pears"—Brenda Webber Morrison, The Gallery, 329 Primrose Rd., Burlingame, CA 94010. **Tablecloth**—Paper White Ltd., P.O. Box 956, Fairfax, CA 94930. **Lamp**—Sears, Roebuck & Co. (address above). (*Right*): **Brass lamps**—Sears, Roebuck & Co. (address above). **Plaid rug**—Capel, 831 N. Main St., Troy, NC 27371. **Posters**—Poster Originals Ltd. (address above).

Pages 40–41: Poster—Poster Originals Ltd. (address above). **Bed**—Universal Furniture, 2622 Uwharrie Rd., High Point, NC 27263. **Large white lamp**—Sears, Roebuck, & Co. (address above). **Linens,** Interiors by Diane Von Furstenberg—Sears, Roebuck & Co. (address above). **Secretary**—International Furniture Marketing, Inc., 1423 Hagys Ford Rd., Narberth, PA 19072. **Two-drawer chests**—Khoury, P.O. Box 729, Iron Mountain, MI 49801.

LOOK WHAT KIDS CAN KNIT!

Pages 100–101: Yarn—Coats & Clark, 225 W. 34th St., Suite 1409, New York, NY 10122.

GET YOUR LIFE ORGANIZED

Page 118 (*bottom*): Windows—Pella Windows and Doors, 100 Main St., Pella, IA 50219. **Drapery fabric,** "Encandihado"—Roger Arlington, Inc., 979 Third Ave., New York, NY 10022. **Window seat fabric,** "Caravelle"—Stroheim and Romann Inc., 31-11 Thompson Ave., Long Island City, NY 11101. **Sofa**—Sherrill Furniture Co., Highway 70-A, NE, Hickory, NC 28601. **Sofa fabric**—Greeff Fabrics, Inc., 150 Midland Ave., Port Chester, NY 10573. **Rug**—Stark Carpet Co., 979 Third Ave. at 59th St., New York, NY 10022. **Page 120 (*top right*): Washer, dryer**—Whirlpool Corp., 13565 E. Freeway Dr., Santa Fe Springs, CA 90670. (***Top left***): **Light fixture**—Gary Neville, Pacific Design Center, 8687 Melrose Ave., Los Angeles, CA 90069. (***Bottom***): **Glass blocks**—Pittsburgh Corning Corp., 800 Presque Isle Dr., Pittsburgh, PA 15239. **Vertical blinds**—Glover Shade Co., 617 N. Wells St., Chicago, IL 60610. **Page 122 (*top*): Sink**—Abbaka, P.O. Box 3435, San Francisco, CA 94119. **Faucet**—Bormix Lux, Import SeveNova, 300 De Haro St., San Francisco, CA 94103. **Tile**—International Tile, 1288 S. La Brea Ave., Los Angeles, CA 90019. **Page 124 (*bottom*): Shelving;** Closet Maid—Clairson International, 729 SW 17th St., Ocala, FL 32674.

THE BH&G® HOME IMPROVEMENT CONTEST WINNERS

Pages 130–131: Lighting—Juno Lighting, Inc., 2001 S. Mt. Prospect Rd., Des Plaines, IL 60018. **Carpet,** Cabincraft "Park Manor II"—WestPoint Pepperell, Inc., P.O. Box 1208, Dalton, GA 30720. **Spiral stair**—Stair Pac, Rte. 22, Union, NJ 07083. **Floor**—Color Tile Supermart, Inc., 515 Houston St., Ft. Worth, TX 76102. **Doors**—Peachtree Windows and Doors, Inc., P.O. Box 5700, Norcross, GA 30091. **Pages 132–133: Windows; shades,** Marvin—Del Mar Window Coverings, 7150 Fenwick Ln., Westminster, CA 92683. **Vanity, shower door**—Great Lakes Shower Door Co., 13926 Harper, Detroit, MI 48213. **Floor**—American Olean Tile Co., 2031 Cannon Ave., Lansdale, PA 19446. **Carpet,** Cabincraft "Park Manor II"—WestPoint Pepperell, P.O. Box 1208, Dalton, GA 30720. **Pages 136–137: Skylight**—Velux America Inc., Products, P.O. Box 3268, Greenwood, SC 29648. **Windows**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Blinds**—Levolor Lorentzen, Inc., 1280 Wall Street, W, Lyndhurst, NJ 07071. **Page 139: Refrigerator,** Kenmore—Sears, Roebuck & Company, Sears Tower, Chicago, IL 60684. **Cabinets**—Crawford Millwork, 220 Main Steet, Memphis, TN 38103.

continued on page 208

Turn on young minds.



Talk Board.™ The new talking, learning machine for preschoolers. For ages 3 to 5.

Talk Board is a friendly, talkative and portable electronic tutor that gives children the basics they need to know.

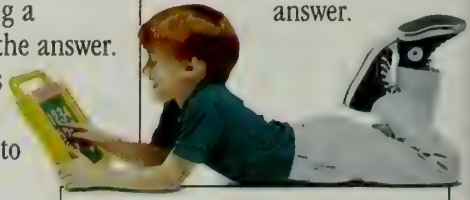
It contains 12 fun-filled activities that help children learn counting, shapes, colors, music, coin values, time telling and more.

Six brightly colored, double-sided program cards illustrate each lesson. When the child slips one on, the talking tutor asks a question. The child may be asked to identify the picture that matches a spoken word, or to match pictured coins with their values. Regardless, the child always responds by touching a picture of the answer. The tutor replies with praise or encouragement to try again.

Talk Board also features an involving electronic board game that's fun to play while teaching numbers.

For pre-schoolers, Talk Board is the perfect answer.







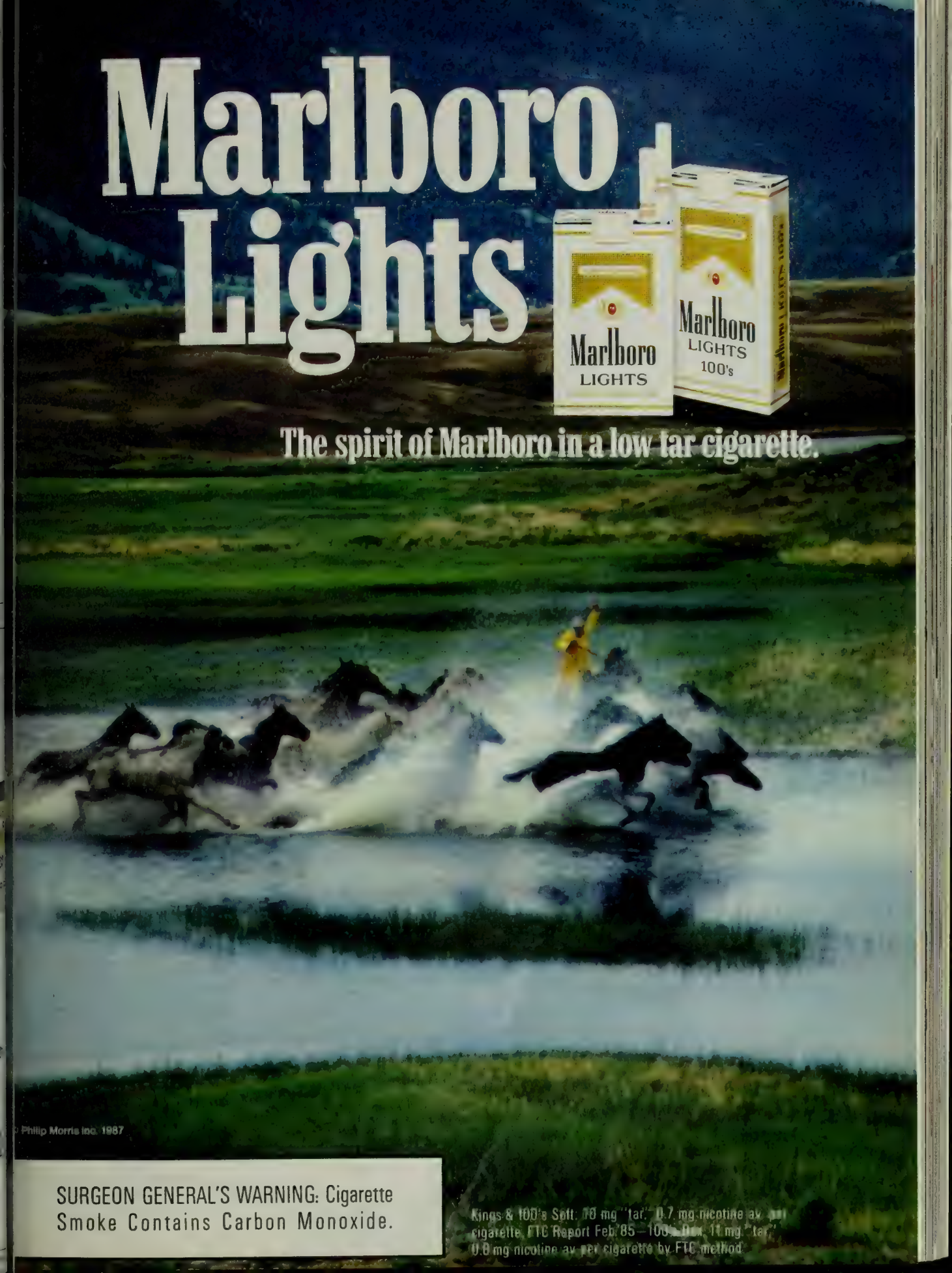
TALK BOARD

VTECH® VIDEO TECHNOLOGY Turn On A Mind.

Wherever toys are sold.

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Kings & 100's Soft: 10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Feb.'85 – 100's Box: 11 mg "tar," 0.8 mg nicotine av. per cigarette by FTC method

continued from page 206

Dishwasher—General Electric Co., Appliance Park, Louisville, KY 40225. **Counter**—Wilsonart, 600 General Bruce Dr., Temple, TX 76501.

Pages 140–141: Stove—Magic Chef, Inc., 740 King Edward Ave., SE, Cleveland, TN 37311. **Fabric on sofa**—Brunschwig & Fils, Inc., 75 Virginia Rd., N, White Plains, NY 10603. **Windows**—Pella Windows and Doors, 100 Main St., Pella, IA 50219.

THE SEASON'S BEST GIFT PLANTS

Pages 142–143: Potted freesias, topiary rosemary, jasmine vine—White Flower Farm, Litchfield, CT 06759-0050.

HOLIDAY ACCENTS BY THE BOWLFUL

Page 144 (*top left*): Bowl, "Optika"—Lenox China, Incorporated, 100 Lenox Drive, Lawrenceville, NJ 08648. **(*Bottom left*): Wooden bowl**—Vietri Incorporated, P.O. Box 460, Hillsborough, NC 27278. **White bowl,** "Warmestry White"—Royal Worcester Spode, Incorporated, 26 Kennedy Blvd., East Brunswick, NJ 08816. **(*Bottom right*): Bowls,** "Oriental Wok"—Kirk Stieff, 800 Wyman Park Dr., Baltimore, MD 21211; "Salem"—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780.

Page 145 (*top left*): Bowl, "Country Squire"—Hartstone, 1719 Deerborn, P.O. Box 2626, Zanesville, OH 43701. **(*Bottom left*): Bowl,** "Arzburg Color Fruit Bowl"—Hutschenreuther Corporation, 100 Shaw Road, North Branford, CT 06471. **(*Top right*): Bowls,** "Minos," "Atlantic"—Kosta Boda USA Limited, 233 W. Parkway, Pompton Plains, NJ 07444. **(*Bottom right*): Bowl,** "Black Agate"—Bennington Potters, Incorporated, Box 199, 324 Country Street, Bennington, VT 05201.

BEST OF SEASON: CRANBERRIES!

Pages 146–147: Jars—Ball Corporation, 1509 South Macedonia Avenue, Muncie, IN 47302; Kerr Glass Manufacturing Corporation, Sand Springs, OK 74063. **Serving platter**—Arsberg, Division of Hutschenreuther Corporation, 100 Shaw Road, North Branford, CT 06471. **Colander**—Mirro Aluminum Company, P.O. Box 409, Manitowoc, WI 54220. **Small plate**—Bee House Company, Limited, 209 Post Street, San Francisco, CA 94108.

AN ELEGANT THANKSGIVING MADE EASY

Cover: Soup bowl, plate, "Allura"—Mikasa, 25 Enterprise Avenue, Secaucus, NJ 07094. **Dinner plates, gravy boat,** "Louisenburg Gold"—Villeroy & Boch, 41 Madison Avenue, New York, NY 10010.

Page 148 (*left*): Plate, "Black Tie"—Mikasa, (address above).

Page 149 (*left*): Glasses, "Serenade"—Denby Limited, Incorporated, 130 Campus Plaza, Edison, NJ 08818. **(*Top right*): Plate,** "Florentine Lapis"—Gorham, 333 Adelaide Ave., Providence, RI 02907.

Page 150 (*top left*): Plate, "Wedding Band"; **Fork,** "Trapunto d'Oro"—Mikasa (address above). **(*Bottom left*): Plate,** "Bennington"—Oxford division of Lenox China, Incorporated, Lawrenceville, NJ 08648. **(*Bottom right*): Custard cup,** Pyrex—Corning Glass Works, Corning, NY 14830. **Measuring spoons**—Rubbermaid Incorporated, Rte. 585, Wooster, OH 44691.

Page 151 (*left*): Bowl, plate, "Allura"—Mikasa (address above). **(*Top right*): Baking sheet**—Nordic Ware, 5005 Hwy. 7, Minneapolis, MN 55416.

Page 152 (*top left*): Plate, "Palermo Brown"—Ginori Fifth Avenue, 711 Fifth Ave., New York, NY 10022. **(*Top right*): Custard cup,** Pyrex— Corning Glass Works (address above). **(*Bottom*): Pie plate,** Pyrex—Corning Glass Works (address above).

Page 153 (*left*): Forks—International Silver Co. (address above). **Pie plate**—Pfaltzgraff, 140 E. Market St., York, PA 17401. **(*Bottom right*): Spoon**—Oneida Silversmiths, Oneida, NY 10421.

FAST FAMILY FAVORITES—STEW

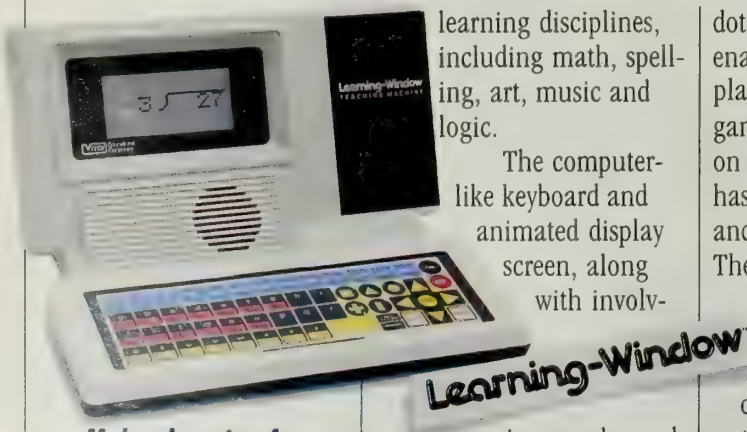
Page 178: Glass—J.G. Durand International, 225 Fifth Ave., New York, NY 10010. **Plate,** "Tavola Blanca"—Hutschenreuther Corp., 100 Shaw Rd., North Branford, CT 06471.

PRIZE TESTED RECIPES®

Page 187 (*left*): Plate, "Kronborg"—Dansk Bistro, Dansk International Designs, Incorporated, Radio Circle Road, Mt. Kisco, NY 10549. **(*Right*): Plates,** "Amapola"; **Platter,** "Fiori Weiss"—Villeroy & Boch Tableware Limited, 41 Madison Avenue, New York, NY 10010. **Pitcher** "Gazbo White"—The Pfaltzgraff Company, P.O. Box 1069, York, PA 17401.

Page 188 (*left*): Pedestal plate, "Caleca"—Bloomingdale's, 1000 Third Ave., New York, NY 10022. **Forks**—Crown Corning, Consumer Products Div., HP-EB-1, Corning Glass Works, Corning, NY 14830. **Teapot, cup, plates,** "Florida"—Rosenthal/Thom mas by Lauffer, Belmont Dr., Somerset, NJ 08873. **(*Right*): Plate, bowl,** "Christianshavn Blue"—Dansk International Designs, Inc. (address above). BH&G

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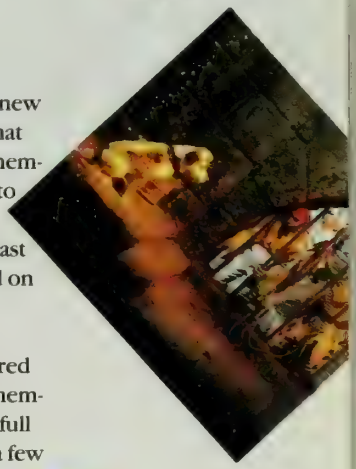
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Welcome to San Diego, the little town that grew up beautiful.

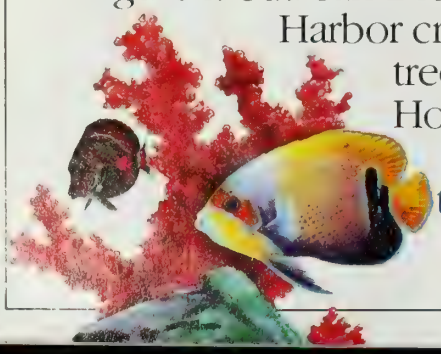
Hit the beach. Wrestle a marlin. Fill a spinnaker. Empty an oyster bucket. Sun till you're done. Shop till you drop.

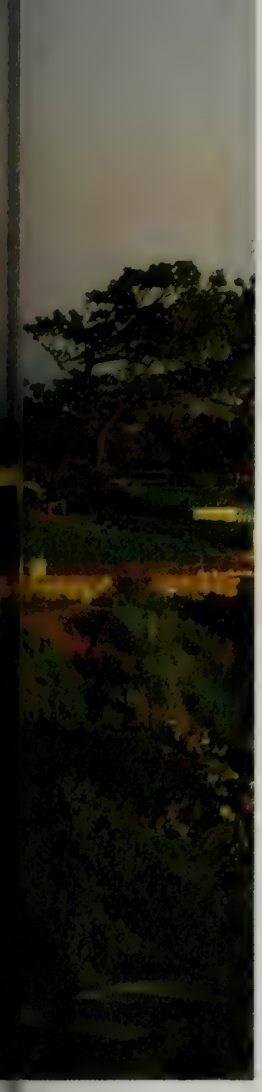
Your first time in San Diego, they tell you there's a park in the middle of the city. Which is true enough. But when you've been here a while you figure it out: San Diego is a city in the middle of a park.

Harbor cruise. Mid-day snooze. Tee up. Chowder down. Avocado trees. Coronado breeze. Stare at a Goya. Buy out La Jolla. Horse race. Jazz place. Tijuana trolley to the Big Tamale.

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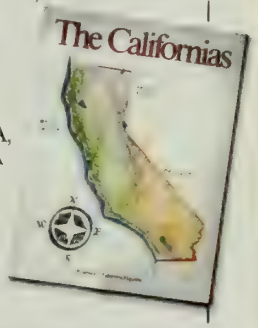
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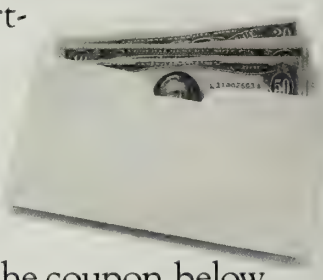
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CLOTHES CARE CENTER

BRIGHT, CHEERY, COMFY, AND EFFICIENT



DESIGN: DONNA USNICK FIELD EDITOR: BARBARA CATHCART

The room features lots of light and direct access to the outdoors.

This 10×16-foot laundry area was a little-used storage room. Now, it's a pleasant environment packed with everything you need for efficient clothes care.

FANTASTICALLY FUNCTIONAL

Gathering laundry, ironing, and sewing facilities all into one place is a boon to clothes care. Like any good home office, a clothes care center includes all the essentials for each operation—and then some. Here you can take up needle and thread, read, or watch TV while the machines run.

HOW IT ALL FITS TOGETHER

The washer and dryer just fit under the casement windows on the exterior wall. This allows easy access for the dryer vent. The pine cabinet between the machines contains a deep laundry sink covered by a top that doubles as a folding table.

Across from the chaise, a pine armoire houses a TV and VCR with room for storage below. The opposite wall accommodates a built-in ironing board (*middle right*). Across from the washer and dryer, a former closet now houses a sewing machine and thread spool racks (*bottom right*).



The ironing board is supported from underneath by the bottom cabinet.



PHOTOGRAPHS: JOHN VAUGHAN

A laundry chute ends to the right of the sewing center.

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SIMPLE STYLE FOR SMALL SPACE

FOOL-THE-EYE TRICKS



LAURIE BLACK AND ROSLYN BANISH/ARX

A trompe l'oeil door adds dimension.

Small rooms create big challenges. In this 9½×9 sitting spot, two problems (tiny size and awkwardly placed windows) are solved with lighthearted style.

FOUR TACTICS

These tricks give this area its vibrancy and warmth:

● **Paint a door.** Although this trompe l'oeil painting appears to be in jest, it does have a serious purpose. It draws the eye beyond the small room and into the imaginary outdoors. The doorframe is of real wood molding, but the rest is a painted fantasy.

● **Pare furnishings.** There are only two pieces of furniture in this sitting area, but that's all that the space needs. Accessories also have been pared. A pale sponged paint treatment dresses the walls and keeps them from closing in. The needed color comes from the rich fabric on the daybed and windows.

● **Keep things lively.** Although the two furniture pieces serve a practical purpose, they were also chosen for their lighthearted style. A vintage wrought-iron bed seats two people as comfortably as two armchairs (and is a lot more fun!). An antique French dogcart topped with glass gets a new lease on life as a charming cocktail table.

● **"Lower" the windows.** The windows—not only tall but placed too high on the wall—tower uncomfortably above the daybed.

Circus-striped balloon valances help solve the problem. They foreshorten the windows, bringing them down to seating level. BHG

Design: Barbara Mack. Field editor: Barbara East Cathcart



PHOTOGRAPH: RICK TAYLOR DESIGN: KATHY GUYTON INTERIORS; FIELD EDITOR: RUTH L. REITER

Kids seem to have a natural attraction for bunk beds. Build this one and earn hero status in your household.

STORE-A-LOT BUNK BEDS

Bedtime could be fun time if the kids in your life had a bunk. Here's a unit that's as functional as it is fun, combining design features any kid will love and storage that parents will appreciate.

BUNKS SET ON THE PERPENDICULAR

This custom-built bunk puts the beds at right angles to one another. One end of the top bunk rests on a chest of drawers; the other end nestles in a stack of shelves. Each bunk is outfitted with a reading lamp and an alarm clock, and the shelves offer display space for favorite toys.

BORROW THE IDEA FOR YOUR KID'S ROOM

Build the top bunk to accept a twin-size mattress. Use ¾-inch plywood for the sides, and support a plywood base with 1×2-inch cleats. Make the shelf framework of 2×10s. Bolt the bed onto an existing chest of drawers on one end and into the shelf framework at the other. Attach to the wall for stability, and slip a standard bed underneath.



STORAGE SHELVES FOR BABY'S ROOM

THEY WILL GROW UP WITH YOUR CHILD

In addition to the nursery's mandatory changing table and chest of drawers, add built-in shelves for practical—and lasting—storage.

Simple in design and easy to install, these open-shelf cabinets mount directly on the wall. They measure 12 inches deep and 15 inches high with a variety of lengths to hold different objects and to fit awkward wall spaces.

Perfect for baby toys and changing gear now, the sleek built-ins will still look appropriate when baby becomes a tot—even a teen! To make way for a twin-size bed in a year or two, the two low-hung units can be rehung or placed on the floor beside the bed. BHG

Design: Color Design Art. Builder: Garrow & Cardinale
Field editor: Helen Heitkamp



ERNEST BRAUN

Built-in shelving creates attractive tot-to-teen storage space.

Chicken Prima.
Mom's secret recipe and Tracey's favorite.
The secret? S&W's Italian Style Stewed Tomatoes. Pear tomatoes–the good cook's choice–zesty with basil and oregano. Just brown chicken breasts in olive oil. Add chopped onions, garlic and S&W Italian Style Stewed Tomatoes. Simmer 10 minutes. Add ¼ cup Parmesan cheese and ½ cup each chopped prosciutto and fresh basil.
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Gently hardwood smoked and cured Genuine Smithfield Hams make truly unique Christmas gifts. Rich in tradition and flavor, they're available fully cooked, either bone-in (10-12 lbs.) for $49.95 or boneless (8-10 lbs.) for $53.95. Or for a milder taste, give our Williamsburg Ham (fully cooked, 10-12 lbs.) for $42.95.

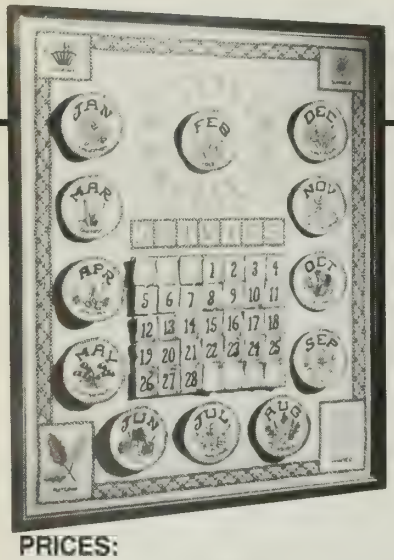
And though they say it's better to give than receive, in this case it's awfully fun to receive too. So why not order a Genuine Smithfield Ham for your holiday feasts as well?

1-800-526-5368

Gwaltney® OF SMITHFIELD

Call toll-free and ask about our $4.00 discount coupon. (In NJ, call 201-342-6707 collect.)

BHG



Embroider This Calendar and Use It Forever

from Better Homes and Gardens®

Inspired by an old-fashioned sampler, each colorful flower introduces a simple embroidery stitch. Months and dates can be moved and reattached in seconds to keep calendar up-to-date forever. Special patented hook and pile nylon tape does the trick. This calendar is alive with color too. Yellows, gold, orange, browns, blues, green, pinks, purple and lavendar — 15 shades in all — make it an eye-catching conversation piece. Each colorful flower represents a month, each corner symbolizes a season and a swirling golden sun surrounds the current month name. A BETTER HOMES AND GARDENS® EXCLUSIVE (not available in stores), kit includes design stamped on natural colored linen, enough nylon tape for changing months and days, embroidery thread and complete easy-to-follow instructions. Fits our 18" x 24" walnut finished wood frame offered below in money-saving combination.

PRICES:

No. 00064 Perpetual Calendar Kit and 18" x 24" Frame $41.49

No. 00062 Perpetual Calendar Kit $25.99

Shipping and Handling:

For orders up to $30.00	$3.75
$30.03 to $50.00	$4.35
Over $50.00	$4.75

CREDIT CARD USERS

CALL TOLL FREE

1-800-678-2672

*TAX NOTE: We are required to collect and pay STATE taxes in Arizona, Connecticut, Florida, Illinois, Iowa, Kansas, Michigan, Missouri, New Mexico, Pennsylvania, Wisconsin. We are required to pay STATE/LOCAL taxes in California, Georgia, New York, Ohio, Tennessee, Texas, Virginia, Washington

HOW TO ORDER

1. Specify item(s) desired. Include shipping, handing, and sales tax.*
2. Send name, address, and check, money order or credit card account number to:

Better Homes and Gardens SHOPPING SERVICE

Locust at 17th
Dept. 2JG, Box 374
Des Moines, IA 50336

100% MONEY-BACK GUARANTEE

WORRY-FREE CARPETS

NEW! NO MORE SPOTS AND STAINS!



STEVE BJÖRKMAN

Stains won't stick to this carpet!

New stain-resistant nylon carpet means you no longer have to settle for practical, dirt-colored carpet when you really want mauve.

Offered at all price levels and in a variety of styles, stain-stopping carpets are easy to care for and worry free. Cherry drinks, ketchup, pet accidents, and the like simply won't penetrate the carpets' protected fibers. Here are answers to questions you might have about this new product:

HOW DO I SHOP FOR A STAIN-RESISTANT CARPET?

- Stain resisters are marketed under many manufacturer's names, such as Monsanto StainBlocker, Du Pont Certified Stainmaster, Anso V Worry-Free, and Scotchgard Stain-Release.
- Read the warranty. The fine print in stain-resistant carpet labels varies.
- Think ahead! Due to heavy demand, you may have to wait a couple of months to have the carpet installed.

WHAT MARS THE CARPET?

- Strong chemicals such as plant food, insecticides, bleaches, and dyes.
- Turmeric, which is most commonly found in bright yellow mustards.
- Scalding substances, such as tea.

HOW DO I CARE FOR IT?

- Blot the stain, then rinse with cold water and a sponge. Dry thoroughly.
- Soap residue draws dirt. Avoid cleaning with over-the-counter shampoos.
- For deep cleaning, use professiona or do-it-yourself steam cleaning.

Five ways to keep your cool through the holidays.



With new Mueller's Salad Bar Pasta®, you've got 5 sensational ways to keep your cool throughout the holiday season.

Zesty Italian, Country Buttermilk, Creamy Italian, Homestyle and Creamy Cucumber.

So colorful, so easy, they're the coolest way to warm up your holiday table this season.

17461

New Salad Bar Pasta™.

17461

DEALER: This coupon will be redeemed for face value plus 8¢ handling if used in accordance with the offer stated hereon; any other use, including reproduction, constitutes fraud. Limit one coupon per transaction. Coupon not transferable. Void where prohibited, taxed, or otherwise restricted. Proof of purchase of sufficient merchandise to cover coupons submitted must be shown on request. Cash redemption value 1/20¢. Customer must pay any sales tax. Good only in U.S.A. Send to: Best Foods, Dept. #5917, El Paso, TX 79966.



On any flavor of Mueller's® Salad Bar Pasta.

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MANUFACTURER'S COUPON **SAVE 15¢** NO EXPIRATION DATE

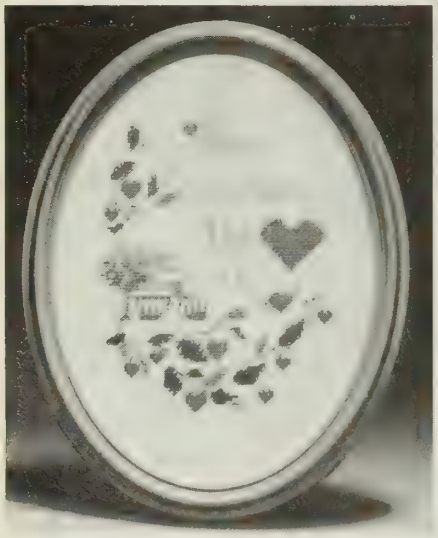
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Buy the Nintendo® Entertainment System where you'll find low prices on hi-tech.



Low prices, friendly service, great selection and lots of locations are Kay-Bee trademarks. So next time you're entertaining the idea of buying a Nintendo® Entertainment System come to Kay-Bee.

KAY-BEE® TOY STORES



Easy-to-do Cross Stitch... Yours for ONLY $8.99!

Home is Where the Heart is

Available ONLY from Better Homes and Gardens®

The authenticity of this 18th-century sampler is delicately revived in a quick-to-do stamped cross-stitch. Exclusive kit includes: special wrinkle-resistant fabric; 6-strand long fiber cotton floss in green, red, brown, blue, lavender and yellow; custom-molded, ready-to-hang Colonial Green frame; clear instructions. Measures 9″ x 12″ and is a perfect accent for den, bedroom, living room and hall.

100% MONEY-BACK GUARANTEE
if not completely satisfied!

HOW TO ORDER

1. Specify No. 27742 Cross Stitch Sampler $8.99 plus $1.50 shipping/handling. Include sales tax* if applicable.
2. Send name, address, order and remittance to:

Better Homes and Gardens SHOPPING SERVICE

Locust at 17th
Dept. 2JD, Box 374
Des Moines, IA 50336

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TERRIFIC TAMBOUR

NEW LOOK/OLD IDEA



MARIS/SEMEL

Make or buy your own tambour.

Round the corner on boring design with a sliding tambour. Once restricted to roll-top desks, today's tambours are showing up all over the house.

A KITCHEN TAMBOUR

The design (*above*) substitutes an interesting curve for the usual 90-degree turn at the end of a kitchen countertop. When open, the tambour screen exposes bonus storage space; pushed closed, the screen lends a distinctive look to the base cabinets.

You or a cabinetmaker can duplicate the screen by sawing wood strips from one large board, then resawing and matching for continuous graining. Glue the individual strips to a canvas backing and coat with a clear finish. The screen glides in grooves.

PREFAB TAMBOURS

Consider buying your tambour ready-made. You can mount one in a prepackaged tracking system, or use tambours in a stationary application such as around a pedestal base. Ready-to-install units are available in wood, plastic laminate, and metal; manufacturers include Formica, Nevamar, and Wilsonart. BH&G

Design: Bob Greene. Field editor: Eileen A. Deymier

Today, you'll discover the slimmest cigarette known to woman.

And tomorrow you'll wonder how you ever smoked anything else.



New Capri 100's.

Available in regular or menthol lights.

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

Not available in all areas.

9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method.

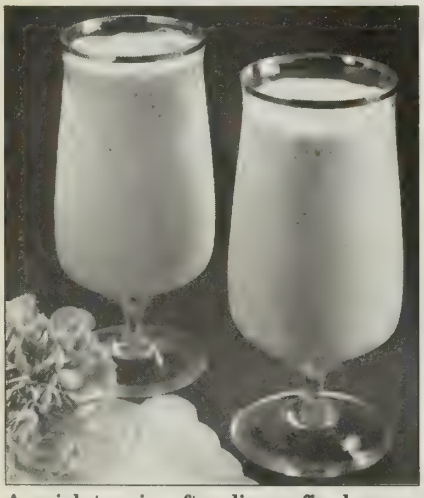
DANDY DATES

NEW RECIPES FOR THE "CANDY" FRUIT

Often called the candy that grows on trees, delectable dates add unique flavor to many types of foods. Try the date-studded entrée, salad, or shake featured here.

TYPES OF DATES

The *semidry* date or sun-dried date, most common in the United States, is packaged and sold in its natural state. Packaged dates are sold pitted and can be bought already chopped with added sugar. The nonperishable *dry* date contains very little moisture when ripe. *Soft* date varieties are very moist and often are dehydrated. Store all dates, tightly covered, in the refrigerator.



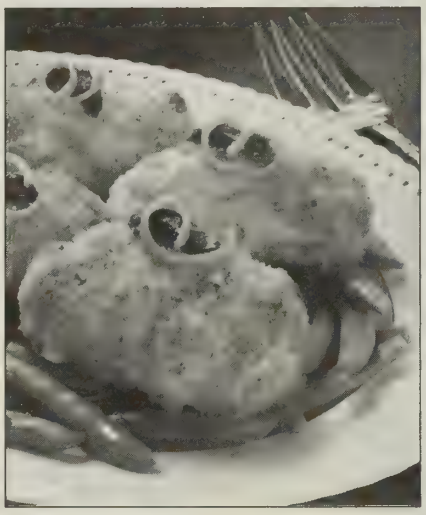
A quick-to-mix, after-dinner finale.

DELICIOUS DATE SHAKES

Smooth and creamy—

- ⅓ cup pitted whole dates
- ½ cup orange juice
- 1 pint vanilla ice cream
- ½ cup plain yogurt
- 1 teaspoon instant coffee crystals

In a blender container combine pitted dates and orange juice. Cover and blend till smooth. Add the vanilla ice cream, yogurt, and instant coffee crystals to date mixture. Cover and blend just till mixture is well combined. Makes 4 (5-ounce) servings.



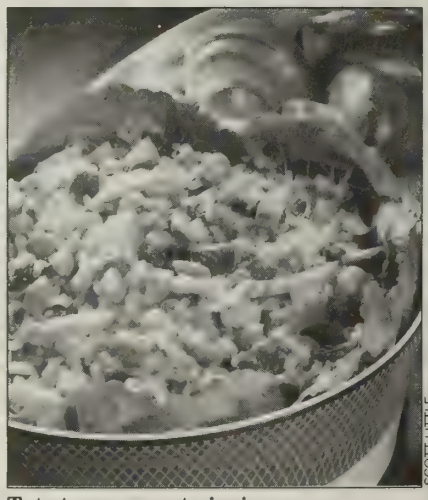
An elegant main course.

DATE CHICKEN BUNDLES

- 2 whole large chicken breasts, skinned, boned, and halved lengthwise
- ½ cup coarsely shredded carrot
- 3 tablespoons sliced green onion
- ⅓ cup pitted whole dates, snipped
- ¼ cup margarine *or* butter, softened
- ½ teaspoon finely shredded orange peel
- ½ cup fine dry bread crumbs
- 2 tablespoons snipped parsley
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 beaten egg
- Cooked green beans (optional)
- Snipped dates (optional)
- Orange peel curls (optional)

Place chicken, boned side up, between two pieces of clear plastic wrap. Pound with meat mallet to ⅛-inch thickness. In a small saucepan cook carrot and onion in a small amount of water till tender. Drain well. In a small bowl combine cooked vegetables, the ⅓ cup dates, margarine, and shredded orange peel. Spoon date mixture onto the center of each chicken piece. Fold in two sides; fold over other two sides, overlapping ends to resemble a bundle. Press ends to seal.

Combine bread crumbs, snipped parsley, salt, and pepper. Dip chicken in the beaten egg, then roll in crumb mixture. Place chicken, seam side down, in a 10x6x2-inch baking dish. Bake, uncovered, in a 375° oven for 35 minutes or till chicken is tender. *Do not* turn. To serve, arrange chicken bundles atop hot green beans. Garnish each bundle with snipped dates and orange peel curls. Makes 4 servings.



SCOTT LITTLE

Tote to your next picnic.

BROWN RICE AND DATE SALAD

This fresh salad teams the sweet flavor of dates with the tangy flavor of a lemon dressing—

- 3 cups cooked brown rice
- 1 cup chopped apples (2 small apples)
- ¾ cup pitted whole dates, snipped
- ½ cup bias-sliced celery

• • •

- ¼ cup salad oil
- ¼ cup lemon juice
- ¼ teaspoon salt
- Lettuce leaves
- ¼ cup chopped peanuts

In a large bowl combine the cooked brown rice, chopped apples, snipped dates, and sliced celery. Stir together the salad oil, lemon juice, and salt. Pour oil mixture over the rice mixture, tossing till well combined. Cover. Chill for several hours. To serve, turn salad into a lettuce-lined bowl. Sprinkle with peanuts. Makes 6 servings.



JAMMIN' WITH MARY ELLEN®.

AND YOUR DAY BEGINS WITH THE TASTE OF PURE FRESH FRUIT.

Western grown fruit picked at its prime.
The lushest. The plumpest. The juiciest.
No preservatives. Nineteen fresh flavors.
Mary Ellen® Jams & Jellies.
In delicious harmony with your style.



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NE THE FIRST Disney SILVER BELL



Actual height of bell 2 7/8".

"MICKEY MOUSE"
Created By Reed & Barton Silversmiths

- **Walt Disney's classic "Mickey Mouse" is beautifully sculpted and lavishly plated in silver.**
- **Each silverplated bell is hallmarked, registered and accompanied by a Certificate of Registration.**
- **Exclusive First Edition officially authorized by the Walt Disney Company.**
- **Not available in stores.**
- **Priced at only $14.50.**

Now, for the first time ever, the New England Collectors Society, exclusively authorized by the Walt Disney Company, is proud to present "Mickey Mouse," Disney's original major character, as the first bell in the Disney Classics Bell Collection. Each bell is meticulously sculpted and lavishly silverplated to faithfully portray a world famous Disney character
Each bell will be produced exclusively for the New England Collectors Society by America's foremost silversmiths, Reed & Barton. The "Mickey Mouse" bell is hallmarked and registered. A Certificate of Registration will accompany each bell attesting to the exclusivity of this important First Edition silverplated bell.

The New England Collectors Society is a division of Reed & Barton Silversmiths makers of fine products since 1824

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NE **The New England Collectors Society**
237 Saw Mill Road, P.O. Box 414
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Please enter my order for The First Disney Silver Bell, "Mickey Mouse."

____ Bell(s) @ $14.50 each ..... $____
QTY
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☐ Charge each bell as it is shipped to my:
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Card # _____ Exp. Date _____
Signature _____
Name _____
Address _____
City _____ State _____ Zip _____

Make check or money order payable to The New England Collectors Society *CT residents add $1.28 and CA residents add $1.02 per bell for tax
Please allow 8 to 10 weeks for delivery

FAMILY ROOM ADD-ON

YOU DESERVE A LITTLE COMFORT



New family room (far right) blends perfectly with the existing house.

This family room, converted from a screened porch, invites you to kick off your shoes and relax. It offers comfort, entertainment, cheerful decor, and a backyard view.

HOW THEY DID IT

Dan and Cathy Luther bolstered their 13×14-foot screened porch with additional framing, put up insulated walls, and installed windows. They built a new roof with a skylight and added a fireplace. Finally, the couple removed the sliding glass doors leading to the breakfast room, opening the family room to the rest of the house. The new room is a step down from the others. The Luthers also increased the size of the cedar deck by 96 square feet. BH&G



The family room brings a bit of southwestern colo and comfort to this midwestern home.



Old world flavor. New world price.

For three generations, the Oberti family has carefully cured and packed olives, hand-picked from select California groves. The slow way. The old world way.

So it's not surprising that the Obertis produce their own gourmet olive oil the same way, with a rich, but not heavy, old world flavor.

In fact, the only surprise about Oberti's gourmet olive oil is the price. It's very new world. Very affordable. And since it's mono-unsaturated, very healthy too.

OBERTI®

"We put the Ohhhh in olive."

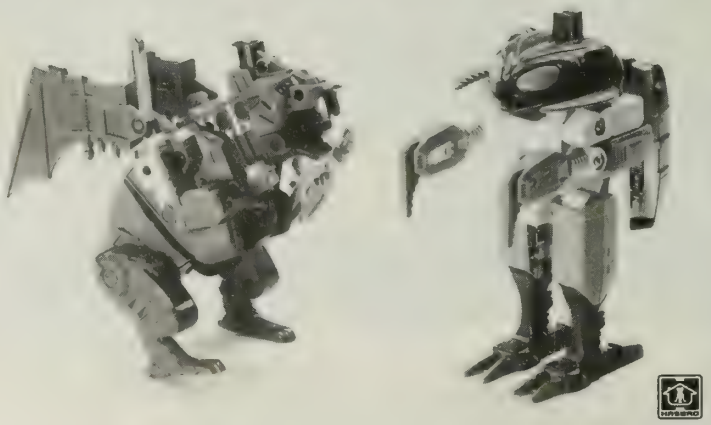
Buy My Little Pony Newborn Twins™ from a toy store that's a short trot away.



Convenient locations and great prices, selection and service make Kay-Bee a winner of a store. So come to Kay-Bee when it's time to round up My Little Pony Newborn Twins.™

KAY-BEE®
TOY STORES

Buy Transformers® Monsterbots where prices won't scare you away.



Kay-Bee provides low-priced toys and friendly service at convenient locations, and that'll never change. So if you're looking for Transformers® Monsterbots, let Kay-Bee scare up some for you.

KAY-BEE®
TOY STORES

MAYO WITH HERBS

TO SPREAD, TO SPOON, TO DOLLOP



SCOTT LITTLE

Versatile Herb Mayonnaise.

Slather this all-around, four-ingredient mayonnaise on a meaty sandwich, spoon it on cooked chicken or fish, toss it with a salad, or dollop it on a baked potato. Keep it on call in the refrigerator for up to two weeks.

VERSATILE HERB MAYONNAISE

Vary the seasoning every time you stir this spread together; basil, thyme, rosemary, oregano, or curry powder can replace the tarragon—

- **¾ cup mayonnaise *or* salad dressing**
- **1 tablespoon Dijon-style mustard**
- **1 tablespoon lemon juice**
- **¼ teaspoon dried tarragon, crushed**

In a small mixing bowl stir together mayonnaise or salad dressing, Dijon-style mustard, lemon juice, and tarragon. Store the sauce, covered, in the refrigerator for up to 2 weeks. Makes ¾ cup sauce.

Nutrition information per 2 tablespoons sauce: 201 cal., 0 g pro., 1 g carbo., 22 g fat, 16 mg chol., and 230 mg sodium.

Home Interior & Decorating

Why more and more people will be decorating with yellow this year.

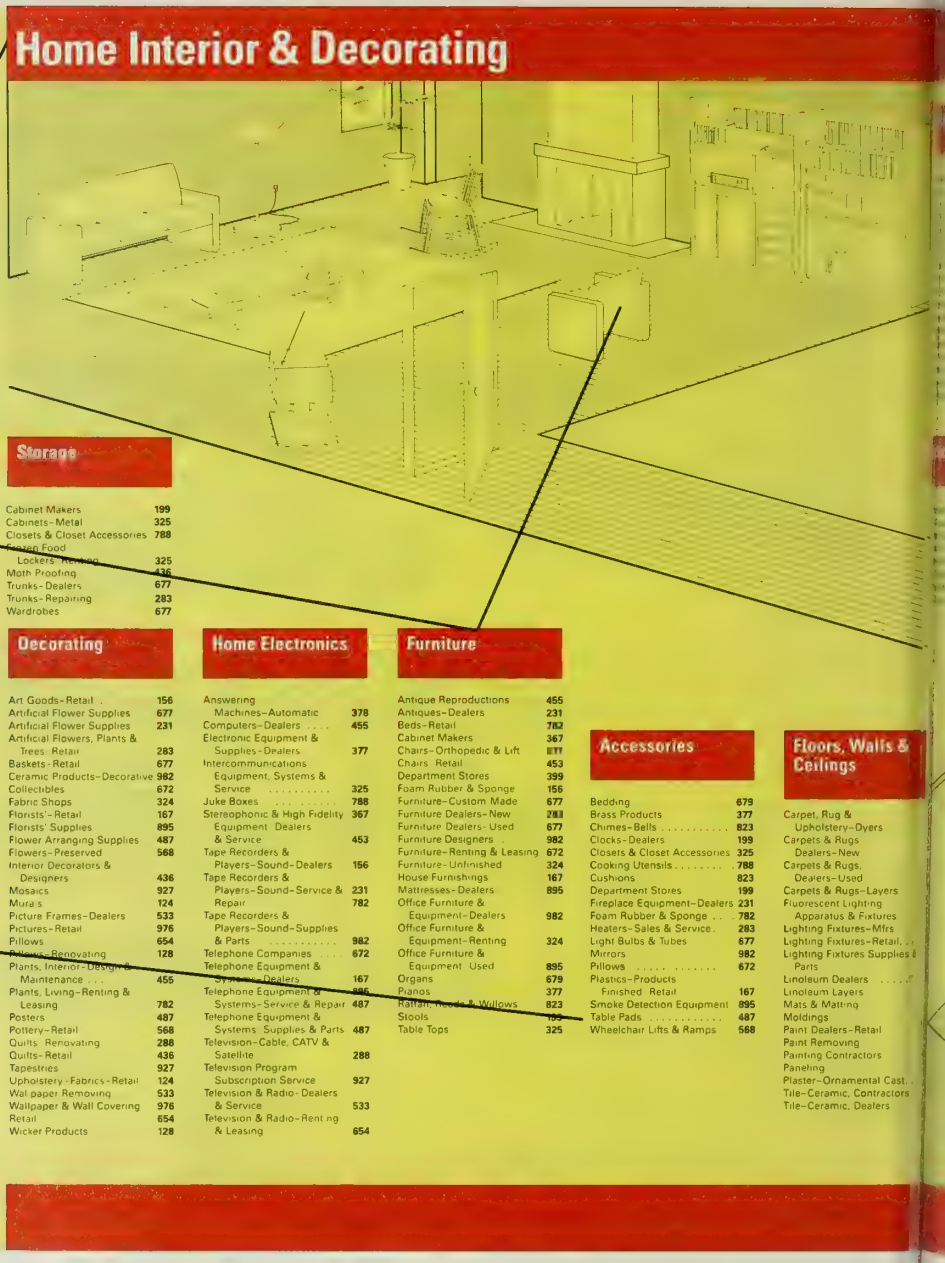
The new Pacific Bell

These two pages make it easier than ever to make a house a home.

The new Pacific Bell SMART Yellow Pages feature our exclusive Subject Search™ sections, like this one on home decorating.

These pages really are smart: easy to use and fun to use. The picture speeds you to the appropriate category.

A quick flip to the page indicated, and you'll find a wide range of businesses eager to serve you.



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We've made the whole book smart. It has Subject Search pages on major topics like health and personal care. Home remodeling. And travel. Plus a complete, easy-to-read index of all headings. And great new maps of your area.



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Another fine 20 Mule Team® product.

USBORAX®

Why Are We Giving Away Famous Nationally Advertised™ Sato™ Sweetheart Watches™ for as low as $2.00

As part of a nationwide advertising publicity campaign, a leading New York Jewelry firm will give away one million (1,000,000) of its most expensive Sato™ quartz watches—the Famous Nationally Advertised™ Sweetheart watch—for as low as $2.00 each to the first one million persons who return this publicity ad to the company address (below) before midnight, December 25, 1987.

This *original* publicity ad must accompany your request. Copies or photostats are *not* acceptable.

These are the same famous Sato Sweetheart watches nationally advertised by others in leading media for many times the price. They are the best-selling and most expensive quartz watches of their kind ever sold by this multi-million-dollar New York jewelry firm.

Each watch displays the month, day, hour, minute, and second, and has a precision quartz movement so powerful it never needs winding and is accurate to within seconds per month. Best of all, you can match your watch to your wardrobe by choosing from five exciting fashion colors. You can even wear a different watch every day to add "spice" to your fashion statement.



These nationally advertised Sato Sweetheart quartz watches will *not* be sold at this publicity price by the company in any store. There is a limit of 5 watches per address at this price, but orders mailed early enough (before Dec. 17) may request up to 10. Each watch is adjustable, and covered by a full one-year money-back guarantee.

To order, mail this *original* publicity ad (no copies or photostats) together with your name and address and your choice of watch color. Take advantage of our low, low price by ordering any five for only $10—any two for $5—or $2.88 per individual watch. Add $2 shipping no matter how many watches you are requesting. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to: RBM Ltd.* Mail to: **RBM, SATO SWEETHEART WATCH OFFER, Dept. 720-115, Box 1245, Westbury, New York 11590. (R22090)**



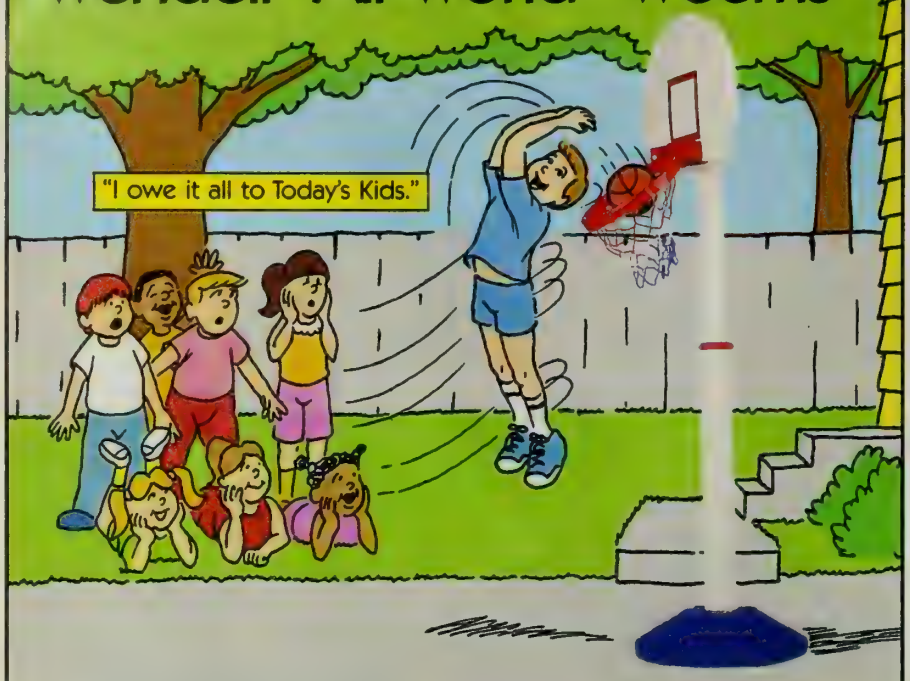
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Wendell "All-World" Weems



Thanks to his **All Star Basketball Set™**, Wendell's acrobatic slam dunks were the envy of his entire neighborhood. But he never let fame go to his head. *Molded plastic. With the unique break-away rim.*

today's kids™
Imagination in action

Dinner with Trixie and Ted

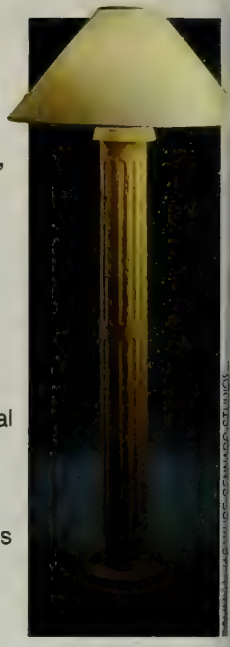


Though Ted was a much more talented host than chef, Trixie's resourcefulness ensured the success of many memorable evenings at their **Sweetheart Play House™**. *All plastic, with formal dining area, vanity and gourmet kitchen.*

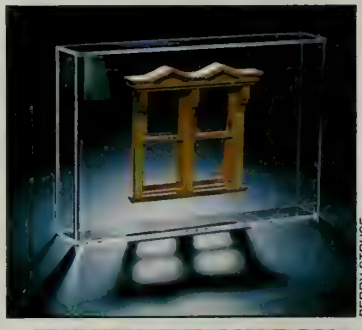
today's kids™
Imagination in action

ARCHITECTURAL ACCENTS

Inspired by time-honored building motifs, architectural tables, columns, lamps, and artwork are today's hottest home accents.



• ARTFUL LAMP
A column base lends architectural presence. $700 from *Kreiss Collection,* 8619 Melrose Ave., Los Angeles, CA 90069.



PERRY STRUSE

• NEW WINDOW BOX
Place this miniature wooden window boxed in clear acrylic on your coffee table so everyone can enjoy the view! $55 from *Added Oomph,* P.O. Box 6135, High Point, NC 27262.

• CLASSICAL BRACKET
As if rescued from some ruin, this new plaster bracket can hang alone or display collectibles with dignity. $65 from *Ballard Designs,* 2148-J Hills Ave., Atlanta, GA 30318. BH&G



STORAGE THAT STACKS UP

A BOXY BEDROOM GOES PRACTICAL AND PRETTY

Rachel Smith, 12, calls this her "dream room," and it's no wonder. High-rise storage and a bit of celestial fantasy add lofty style—and practicality.

STORAGE BED

Faced with a high window, a low bed, and lots of stuff to stash, young Rachel worked with kids'-room specialist Tony Torrice on the new scheme.

The solution? Use vertical space. A custom-made bed with lots of drawers elevates Rachel's sleeping spot to window height.



PHOTOGRAPH: LAURIE BLACK. ROSLYN BANISH/ARX. DESIGN: TONY TORRICE

An elevated bed takes in the hilltop view.

HIGH-RISE SHELVES

Just beyond the foot of the bed, ready-made storage units line the wall, maximizing tight space. In the corner, a chest with a bookcase top reaches for the "sky." From there, the pieces "lay low," sleekly underlining the window with drawers and a desk. A bulletin board spans the gap between the desktop and window. Finally, wallpaper (pinstripes with a rainbow-cloud border) and a kindred rug add a wisp of color and, of course, the necessary "dreaminess." BH&G

Field editor: Barbara Cathcart

The secret life of Alfred Kirven



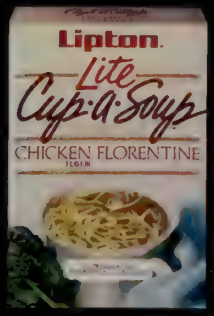
When the grown-ups were gone, Alfred's **Busy Center™** became a submarine, in which he would chase enemy ships from his living room. *With step, slide and a variety of imaginative play activities for your toddler. To find Today's Kids toys, call 1-800-258-TOYS for the store nearest you.*

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Introducing Lite Cup-a-Soup®
Instant Soup



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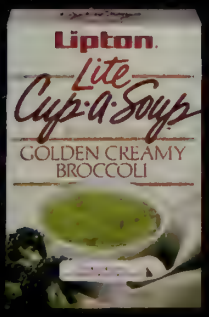
Ready in an instant.
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LITE SWITCH.



When you want less calories.

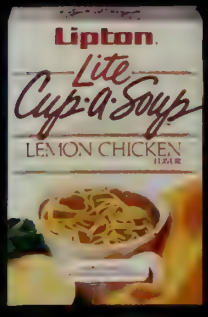


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no artificial ingredients.*

*Other than vitamins and iron supplements



NIGHT LITE.



Great late night snack.

FOR FAMILY FUN!

THE BEST CROSS-COUNTRY SKI HAVENS

By George S. Bush

Try cross-country skiing this winter and you'll be enthusiasts for life. Whether your family follows a trail in a ski resort or explores the backwoods of a national park, this sport offers adventure and fun.

Explore snowy wonderlands together as a family. The slow, easy pace of cross-country skiing lets you appreciate the scenery.

FAMILY SKI RESORTS

Great trails and plenty of after-ski fun for everyone

A ski resort, with downhill slopes *and* cross-country trails, may be the best choice for a family cross-country skiing trip, especially if your kids are very young or in their teens. Youngsters and teens can take part in the resort's planned activities

continued on page 216



ROYAL GORGE

Even toddlers take naturally to skiing.



See how her date with the lifesaver went. Call Australia.

Emma's loved the beach for as long as you can remember. And she's had a crush on Mike even longer. So now that they've finally gotten together, you want to be the first to hear the details. Why not give her a call? With AT&T International Long Distance Service, it costs less than you'd think to stay close. So go ahead. **Reach out and touch someone.®**

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AT&T

The right choice.

continued from page 214

with kids their own age, or they can enjoy the cross-country trails with you.

Among the best combination resorts with a family orientation are Snowmass, Colorado; Waterville Valley, New Hampshire; and Northstar-at-Tahoe, California.

Snowmass, for instance, offers 40 miles of *free* cross-country trails for all levels of ability, plus lots of exciting downhill skiing for the speed demons in your family, along with ski classes and play schools. Snowmass also has condos, a health club, swimming pools, and fine shops. United serves Snowmass with commuter flights (about $220 round trip from Chicago). Expect to spend $1,000, plus the airfare, for a week's family vacation here.

CONTACT: ***Snowmass Resort Assoc., Box 5566, Dept. BHG, Snowmass, CO 81615.*** **Other resorts:** ***See a travel agent.***



ANDREA BOOHER

Skis, boots, and poles start at $100. On the trail, wear layers of wool or synthetics that vent perspiration. A day pack (not shown) comes in handy for toting snacks and other items.

SKIING ON THE MOVE

Inn to inn and lodge to lodge

New trails greet you each day. And, after four to six hours of ski touring, you'll rest up each night in a warm inn or lodge. Lunch is all you carry on the trail. Your luggage is transported by road.

That's what it's like to join an inn-to-inn ski tour in Vermont or a lodge-to-lodge journey along Lake Superior's north shore.

During the five-day Vermont trek, you stay in country inns. The season runs January to March. Cost: about $450 per person.

CONTACT: ***Roy Jackson, Churchill House Inn, RD 3, Dept. BHG, Brandon, VT 05733.***

The Lake Superior trek is less costly and more adventurous. The rugged North Shore Mountains Ski Trail follows the lakeshore for 142 miles, dipping toward icy bays. Beginners can cover several easy scenic stretches. Ski lodges enroute offer $159 per-person tours, covering three days room and board, plus transport of your bags.

CONTACT: ***The Lutsen-Tofte Tourism Assoc., Box 115, Dept. BHG, Lutsen, MN 55612.***



GEORGE BUSH

A family explores New England's historical trails.

ON THE TRAIL

Fast or slow, you can't lose on Wisconsin's XC-highway, the Birkebeiner trail



Kids compete in the annual Birkebeiner race.

Scandinavian immigrants introduced cross-country skiing to the Upper Midwest, and the region remains our nation's hub of ski touring to this day.

Among its finest trails is the 55-kilometer "Birkebeiner" between Hayward and Cable, Wisconsin. Once each winter (this season on February 20), it's the site of one of the world's biggest amateur cross-country races—the American Birkebeiner—which attracts participants in the thousands. The week before, there's a 1–5k. Barnebirkie (Kids' Birkie) for children ages 3 to 13.

But the 30-foot-wide forest trail is kept groomed for XC skis throughout the season, and you may ski all or part of it free! Beginners can ski most segments of the trail easily. Budget lodgings await at either end.

CONTACT: ***The Hayward Chamber of Commerce, 125 W. First St., Dept. BHG, Hayward, WI 54843.*** **For race information and entry forms:** ***The American Birkebeiner Ski Foundation, Box 911, Dept. BHG, Hayward, WI 54843.***

continued on page 218


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What do you give the glass that has everything?
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GEORGE S. BUSH

Skiing the high country

THE SNOWY SOUTH

Cross-country high in the Appalachians

Tennessee's Roan Mountain gets so much snow there's a regular cross-country center, such as you'd find at northern resorts, with rentals, lessons, and guided tours. The season often starts up before Christmas and can last into March.

Three miles of trails wind around Roan's 6,000-foot summit. Additional trails take you through forests to viewpoints that look out over miles of snowy mountains. Roan Mountain State Park at the mountain's base rents modern cabins, for $50–$60 a night. The nearest motels are in Elizabethton, 25 miles into Tennessee. **CONTACT:** ***Roan Mountain State Park, Rte. 1, Box 50, Dept. BHG, Roan Mountain, TN 37687 (615/772-3303).***


GEORGE BUSH

A Yellowstone geyser rewards a pair of skiers.

SCENIC WONDERS

Yellowstone National Park: the cross-country vacation of a lifetime

Think of your breath steaming on a frosty morning and imagine this phenomenon multiplied a billionfold as Yellowstone's geysers belch their steam in wondrous clouds. From these billowing veils of vapor emerge dreamworld apparitions: the behemoth silhouettes of buffalo, visible one instant, gone the next; elk that materialize almost within arm's reach only to dissolve into the mist. Then there are the "ghost trees," wrapped in their icy cocoons as the geysers' steam condenses and freezes.

Exotic as a Yellowstone ski vacation sounds, the skiing itself isn't at all demanding. In fact, you could hack it almost the first time you try skinny skis, for the ground is nearly flat.

A snowcoach on caterpillar tracks takes you into the center of the snowbound park wilderness, depositing you at the Old Faithful Snow Lodge, only a few hundred feet from Old Faithful geyser and less than an hour's easy skiing from dozens of other less famous but even more spectacular geysers. Attracted by the heat, herds of buffalo and elk winter in this steaming geyser basin.

Snow Lodge is open mid-December to mid-March. Reserve well in advance (about $55 a night per family). Added costs include: airfares to staging point Jackson, Wyoming ($230 round trip from Chicago), the snowcoach trip (about $200 per family) from Jackson to Yellowstone, and meals. But then, it's the trip of a lifetime.

CONTACT: ***TW Recreational Services, Inc., Yellowstone National Park, Dept. BHG, WY 82190 (307/344-7311).***

A QUICK LESSON FOR BEGINNERS



ROGER LEYONMARK

Though it may take a time or two on skis to learn, this elegant, efficient gait is a logical extension of walking. Shift your weight from side to side, and let your opposing arms and legs work together. Poles help the forward push.

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there's more for your life at SEARS

America's best-selling mini-van.*

Your first look tells you Aerostar is a superbly versatile mini-van, with a style all its own. Its design is sleek, modern, aerodynamic. The wind works for it, not against it. With luxurious touches throughout and its special options, Ford Aerostar is America's best-selling mini-van.

New Eddie Bauer style.

This year there's a sporty Eddie Bauer® model with dual front Captain's Chairs, special two-tone paint, unique interior appointments, and more. It's Aerostar with the good looks of the great outdoors!

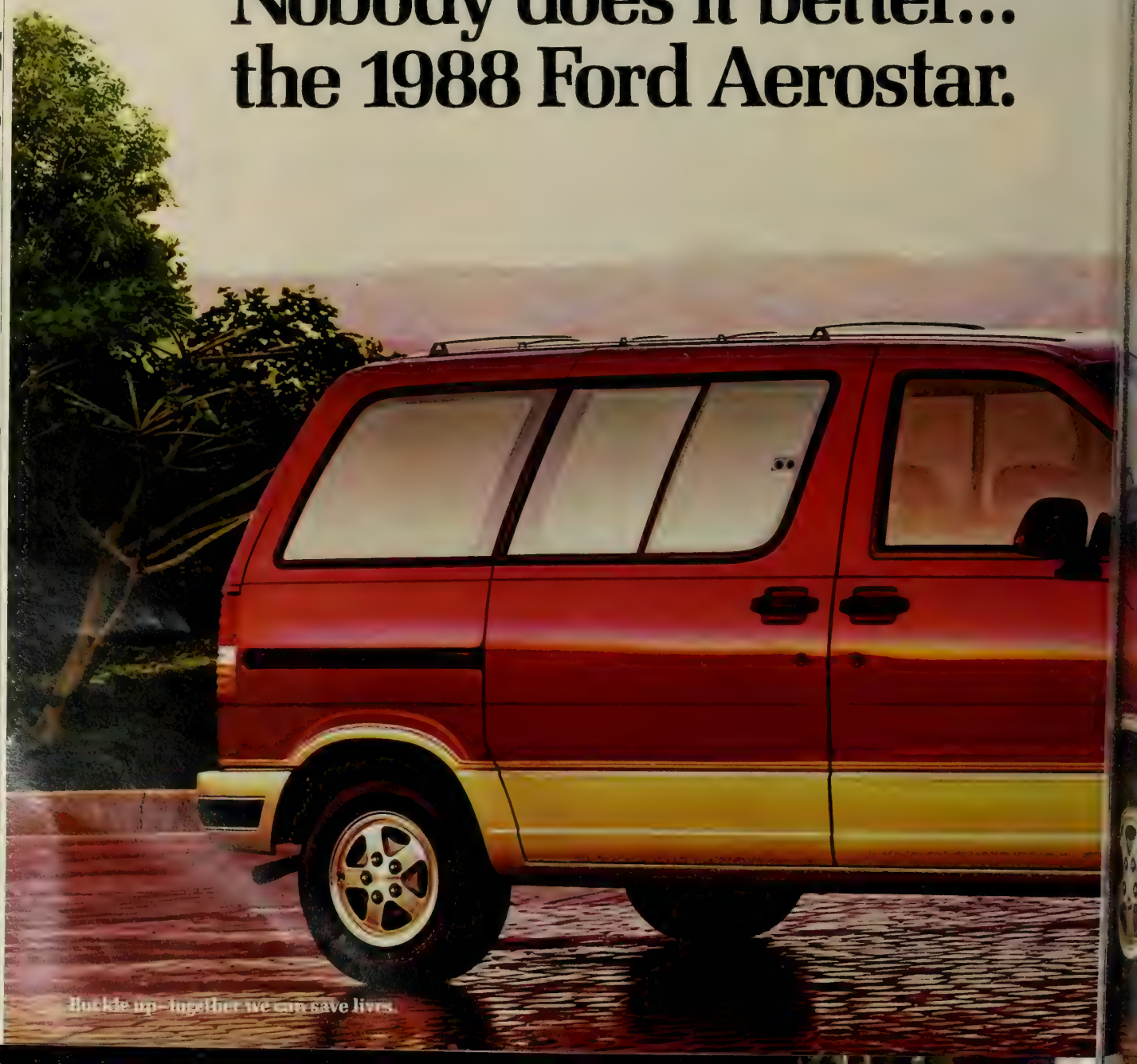
Designed to move you.

But Aerostar's success isn't based only on distinctive looks. Its standard 3.0L V-6 has multi-port Electronic Fuel Injection for easier starting and smooth running. It delivers a spirited 145 horsepower. That's greater than any Chrysler mini-van. And it's powerful enough to tow an impressive 4900 lbs.**

Living room.

Aerostar's advanced styling gives you loads of useable space. It comfortably seats up to 7 people.† Or remove both rear seats, and create 139 cu. ft. of cargo space. You can even convert Aerostar into a sleeper with the

Nobody does it better... the 1988 Ford Aerostar.



Buckle up–together we can save lives.



lding seat-bed option.† All this in a mini-
ın that's a breeze to handle and park, prac-
cally anywhere, even inside your garage.

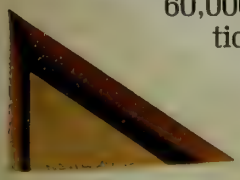
Year/60,000-Mile Powertrain Warranty.
Covers major powertrain components for 6 years/ 60,000 miles. Restrictions and deductible apply. Also, participating dealers back their customer-paid work with a free Lifetime Service Guarantee, good for as long as you own your vehicle. Ask to see these limited warranties when you visit your Ford Dealer.

Ford. Best-Built American Trucks...seven years running.

Based on an average of owner-reported problems in a series of surveys of '81-'87 models designed and built in North America. At Ford, "Quality is Job 1."

*Based on manufacturer's reported model year retail deliveries through July 31, 1987. **When properly equipped. Towing rating is reduced by passenger and cargo weight in towing vehicle. †With optional rear bench seat. Seat-bed optional on XL only.

Have you driven a Ford...lately? Ford







BIRD-WATCHING BASICS

FAMILIES JOIN THE FUN, SHARE THE REWARDS

By Patty Hodgins



PERRY STRUSE

One sport the whole family can learn and enjoy together.

In the depths of the forest, beautiful, flutelike notes resound from a winged singer. Wouldn't it be fun to know what bird that is?

All of us at one time or another have had our curiosity piqued by birds. So, it's no wonder that more and more American families today are launching themselves into bird-watching, or "birding," as some devotees like to call it. The rewards are many: refreshing expeditions in the out-of-doors, the excitement of discovery and learning, the satisfaction of puzzling out an identification, and the sheer beauty of the birds' colors and spirited songs.

Though bird-watching easily can become a lifelong hobby, the sport is a cinch to learn. It's inexpensive, (see side-bar below) and it'll give you a fun excuse for a healthful outing, regardless of the time of year.

If you like, you can go birding alone, but if you're the sociable type, you'll never lack for companions: birders flock together, and the information exchanged can be a great source of learning. The people you'll meet will be a varied bunch. The stereotypical lady in tweeds and oxfords is being joined by young professionals, sharp-eyed teens, and couples with young kids.

—Patty Hodgins has written on wildlife issues from her home base in Denver. Her binoculars are always close at hand.

Start in your own backyard

If you put up a backyard bird feeder, you'll soon have plenty of feathered company. Notice how many of the visiting birds you already know: the flicker, the robin, the chickadee, the mockingbird, and others. Observe more closely their silhouettes and sizes along with their coloring and markings. As you compare and contrast these aspects of familiar birds, you'll begin to learn the characteristics of the different bird families.

Next, start to identify the behaviors of the backyard birds you've observed. Look for favorite places to perch, distinctive flight patterns, and such things as tail-wagging, head-bobbing, and the like. Where you see a bird and what it's doing can be a tip-off to its identity. Like detective work, good birding involves careful attention to detail and deductive reasoning.

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BINOCULARS GIVE YOU THE EYES OF A HAWK

How to choose the best pair for bird-watching

A good pair of binoculars is essential to bird-watching. See if you can borrow a few different brands and types of binoculars before you decide on a purchase. Besides cost, you'll be evaluating the binoculars for magnification, brightness, and size.

Binoculars are identified by number combinations like 7×35 and 8×40. The first number of the pair refers to the magnification: a 7× pair of binoculars makes a bird 70 feet away appear as if it were 10 feet away. The second number of the pair refers to the diameter of the lens, which determines the brightness of the object observed.

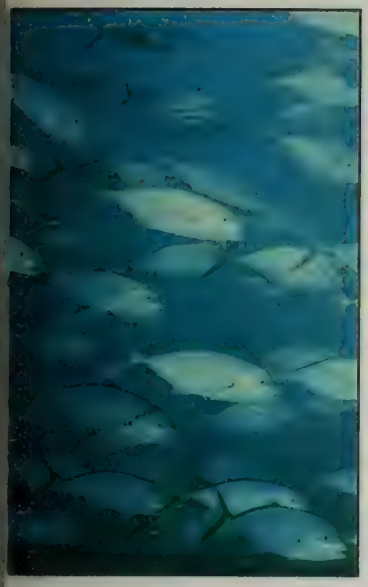


MINOLTA CORPORATION

Minolta, Bushnell, Pentax, Nikon, Swift, Leitz, and Zeiss make reliable binoculars. Prices start at about $50.

Many birders feel brightness is more important than magnification. The higher the magnification, the more that normal hand tremors will blur the image. To compare brightness, divide the lens size (say, 35 or 40) by the magnification (say, 7). The larger your answer, the brighter the binocular's image. Other things to look for include weight (would you feel comfortable toting the binoculars all day) and comfort (do the binoculars fit the grip of your hand).

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Ocean Fish Flavor, from Purina Cat Chow Brand Cat Food. It's much more than great taste…it's more nutritious than fish.



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BIRD-WATCHING BASICS

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Into the fields

If you enjoy your backyard sleuthing, you'll soon want to branch out to local field trips and perhaps a class or two. Courses and trips for beginners are often given by adult education organizations, the continuing education departments of universities, natural history museums, individual naturalist-entrepreneurs, and groups like the Audubon Society (which has numerous local chapters; check the phone book, or call the reference desk of a library).

Safaris and other Bird-watching adventures

Some communities have ornithological societies who welcome beginners on their field trips. Watch out, though! You may get hooked. Dedicated birders often travel thousands of miles to migration "hot spots" in Africa, Asia, or other exotic locales where a rare bird has been sighted.

FOR BIRD-WATCHING BOOKWORMS


DAVID SPOHN

Books for beginners

If field trips and classes aren't available in your area, some of these excellent books will help teach you bird-watching basics:

- **Getting Started in Bird-watching,** by Edward W. Cronin, Jr., Houghton Mifflin Co., $5.95.
- **Birdwatching: A Guide for Beginners,** by Joan Easton Lentz and Judith Young, Houghton Mifflin Co., $3.95.
- **A Guide to Bird Behavior: Volume I,** by Donald W. Stokes, Little, Brown, and Co. $9.95. Although not written specifically for the beginner, this book focuses on very common birds such as the mallard duck, the starling, and the pigeon. The guide describes a fascinating array of feathered behaviors to watch for.

Field guides

A field guide is essential for making bird identifications on the wing. Although guides with photographs of birds are attractive, those that contain illustrations generally show the birds' coloring and other features more clearly and faithfully. Study a book before taking it into the field so you'll be able to quickly look up new birds you spot.

- **The Peterson First Guide to Birds of North America,** by Roger Tory Peterson, Peterson Publishing, $3.95. This guide was written especially for beginners.
- **Birds of North America,** by Chandler Robins, Golden Books, $10.95. We found this to be a thorough and easy-to-use beginner's guide.
- **The Peterson Guide to the Birds,** (for the eastern region of the United States) or **The Peterson Field Guide to the Western Birds,** by Roger Tory Peterson, Houghton Mifflin, $11.95. These guides are popular with experienced bird watchers.

A local bookstore can order these books for you. Or, look for them at the library.

HARDWOOD FLOOR CARE

Go ahead and walk all over them, but if you want your hardwood floors to retain their glorious glow, it's important to care for them properly. Here are some basic cleaning tips and quick first-aid facts to help you keep your planks protected and polished for years to come.

CLEANING TIPS

The cleaning routine you use depends on your hardwood floor's surface finish. Basically, there are two types:

- **Wax finishes** should be swept or vacuumed regularly to remove surface dust before the soil gets "walked into" the finish. To keep the wood grains glowing, it's best to rewax floors twice a year. Between waxings, machine or hand buffing will enliven the luster.
- **Swedish and polyurethane finishes** require no waxing. To clean, sweep or vacuum up loose dirt, then dampmop using a mild detergent (one that doesn't leave a soapy film) in water. With minimal care, resin finishes will retain their beauty for several years.

YOU CAN RUN A MAYTAG OR YOU CAN RUN A SPEED QUEEN MARATHON.™

It all comes out in the wash.

Speed Queen
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We just redefined state-of-the-art. We've combined our exclusive stainless steel tub with a fully electronic control panel that performs every function at the touch of a pad.

FIRST-AID FACTS

Severely damaged floors require sanding and refinishing. For minor stains and scratches, quick fixes will do the trick. On resin finishes, prevent most stains by wiping up the spill quickly. A well-waxed finish will also rebuff many stains. If a spot persists, use the following tips:

- **Ink and animal stains**—Clean spot with steel wool and floor cleaner. Wash area with vinegar; let sit for three to four minutes. If the spot remains, sand with fine sandpaper, feathering into surrounding area.
- **Alcohol spots**—Rub with liquid or paste wax, silver polish, or a cloth barely dampened with ammonia. Rewax the affected area.
- **Oil and grease stains**—Saturate cotton with hydrogen peroxide and place over stain. Then, saturate another layer of cotton with ammonia and place it over the first one. Repeat until stain is gone.
- **Heel marks**—Rub the mark vigorously with fine steel wool and good floor cleaner. Wipe dry and polish.
- **Mold**—Mold or mildew is a surface condition caused by damp, stagnant air. So, your first step toward fixing the problem is seeing that your room gets the proper ventilation. Existing mold can usually be removed with a good cleaning fluid.
- **Cigarette burns**—If it isn't too deep, a rubdown with steel wool will often remove a burn scar. For increased effectiveness, moisten the steel wool with a mild solution of soap and water.
- **Scratches**—Resin finishes will need to be professionally repaired. For wax finishes, simply rub the area with a matching wood stain and fine steel wool. Rewax.

FOR MORE INFORMATION

To receive a pamphlet containing more helpful tips on hardwood floor finishes and care, send 25 cents and a SASE to Wood Floor Care Guide, Oak Flooring Institute, 8 N. Third St., Suite 804, Memphis, TN 38103.

PEOPLE AND PETS

Edited by Mark Ingebretsen

FINE FEATHERED FRIENDS

Choose the right bird for your family

Birds make great family pets, especially if space is at a premium in your home or a family member suffers from a fur allergy. These species are inexpensive, hardy, easy to care for, and gentle with children.



SCOTT LITTLE

Birds are as friendly as dogs and cats.

OLD FAVORITES



● **Budgerigar.** Usually called a **parakeet** by Americans, the "budgie's" charming personality and low price have made it among the world's most popular pet birds. Acquired young—when the crown of the head is still covered with a pattern of dark bars—a parakeet usually can be hand-tamed in a matter of moments. Even small children can safely enjoy holding a parakeet on a finger or shoulder, because these birds don't bite unless they're abused (and even then they are incapable of inflicting damage).

Many budgies learn dozens of words and sentences. By using an endless loop cassette tape (available at discount stores), you can record a phrase and have it repeated indefinitely for the budgie's benefit. Most beginning talkers find the words "pretty bird" easier to repeat than "hello."



AMERICAN CAGE BIRD MAGAZINE (4)

● **Canary.** The songs of canaries enchant all ages, especially small children. Each canary's song is different, and singing is an important part of their lives. Although most canaries prefer to stay in the secure confines of a spacious cage, they're usually delighted to entertain the family (provided everyone keeps his or her hands *outside* the cage bars). Unless the bird is tame enough to socialize with humans, select a mate for your canary. That way the birds will have something to sing about.

EXOTIC SPECIES



● **Cockatiels.** Older children often find cockatiels congenial pets because these birds enjoy a great deal of socializing with their owners. The friendly cockatiels demand daily affection, so a busy teen-ager should be encouraged to acquire a mate and nestbox for a lonely pet. Cockatiels are currently in high demand. Any baby "teels" can be quickly and profitably sold.



● **Parrots.** Many parrots live 75 years or more. Some researchers believe parrots' intelligence equals that of dogs and cats. Your parrot won't be happy in a cage all day. Birds allowed to roam the house will reward you with their acrobatics. Pet-store parrots cost $200 and up. Shop the classifieds for bargains, but have a veterinarian check the bird before buying. ***For more about the care and breeding of caged birds read*** **American Cage-Bird Magazine,** ***One Glamore Court, Dept. BHG, Smithtown, NY 11787.***

PICTURE YOUR PET IN

Better Homes and Gardens

Young children and animals have a special rapport. Read what three readers say about...

Kids and Kats!



"Junior is a real trooper! He tolerates a lot of tail pulling from our son, Justin." Lisa Vogt, Naperville, Ill.



"Our daughter Lexi spends hours teaching her pal, Kitty, everything she knows." Sandi DeLano, Auburn, Calif.



"Three-year-old Gabriela is always creating new games for her pet cat, Samantha." Merie Holl, Ukia, Calif.

continued on page 229

PROBLEM: WAX BUILD-UP TRAPS DIRT.



SOLUTION: ENDUST.



–Ann McKenzie, Interior Decorator.

"If you use spray wax for regular cleaning, watch out! Chances are, you've got wax build-up. It's a fact: frequent use of spray wax can cause wax build-up, and can actually trap dirt on your furniture's surface.

"So use spray wax only for occasional polishing. For regular day-to-day dusting and cleaning, I recommend Endust.

"Endust cleans the dirt spray wax leaves behind. Endust contains no wax, so there's never wax build-up. All Endust leaves is a clean, natural shine. And that's good for your furniture."

Use spray wax for occasional waxing.

Use Endust for day-to-day cleaning.

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When your dog is more than just a pet, you want to feed him more than just a "dog food."

That's why Purina developed a very special dog food that embodies the kind of nutritional care you want to give your dog.

It's Purina O.N.E.® brand dog food. Short for "Optimum Nutritional Effectiveness."

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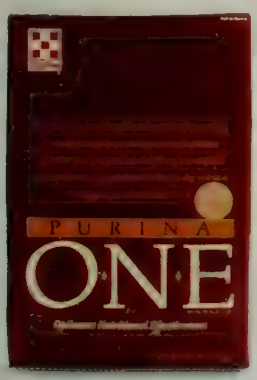
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Dogs and cats that lose their hearing or sight can live amazingly normal lives. The reason: these pets don't rely on their eyes and ears as much as people do. Their sense of smell helps them compensate. If the condition isn't painful, handicapped pets should stay active. You still can communicate and even train your dog or cat by using voice or hand commands.

You'll have to be extra careful about keeping your deaf or blind pet on a leash or confined to a protected area outdoors. Handicapped pets are particularly vulnerable to cars and to attacks by other animals. Be sure that your pet knows where to find all the essentials: its food and water, litter box, sleeping area, and so forth. Then don't confuse the pet by switching things around.

GROOMING TIPS

For outdoor pets

Animals that spend time outdoors need extra grooming. Your pet's ears, for example, probably will need more attention. Plan to check them once a week or so for buildup of dirt or wax, possible infection, even ear mites. You can use a cotton ball or swab dipped in peroxide or baby oil to clean your dog's or cat's ears, but be careful never to probe into the ear canal. If your pet's ears are red or have a foul odor, or if your pet constantly paws at them, ask a veterinarian's advice.

A matted coat is another problem. Use your fingers or a wide-tooth comb or brush to work out the tangles and burrs. To make the job easier, pour a few drops of baby oil on the mat. For stubborn snarls, carefully snip away small sections of hair until you can smooth the mat out.



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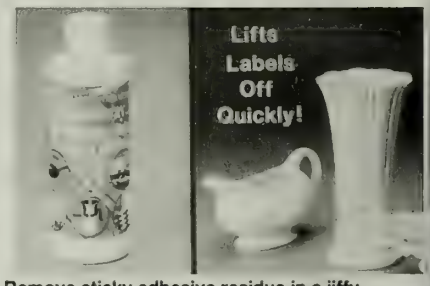
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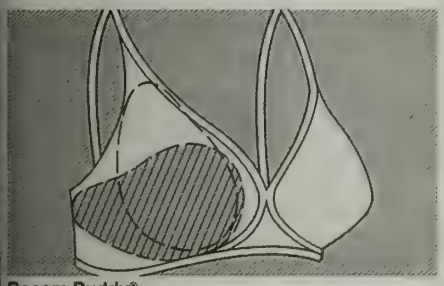




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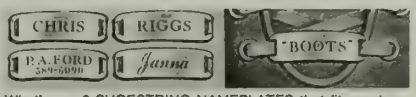
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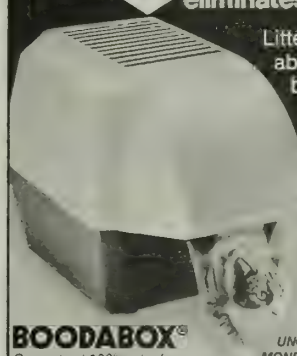
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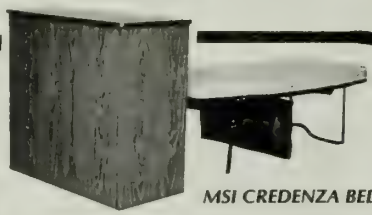
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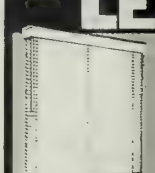
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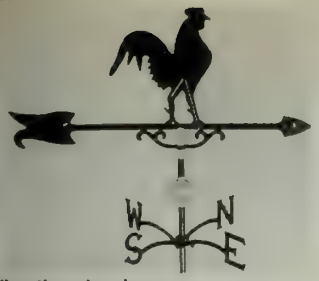
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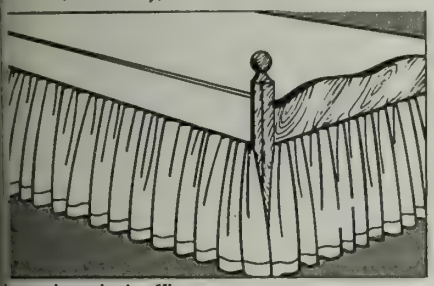
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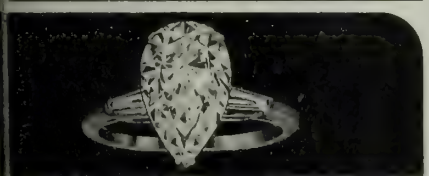
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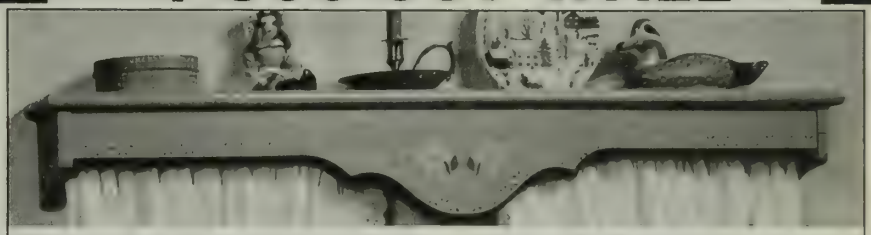
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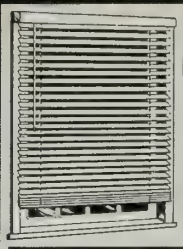
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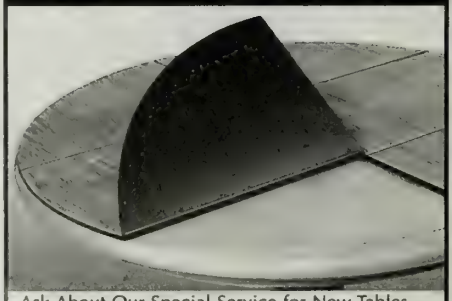
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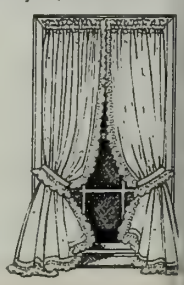


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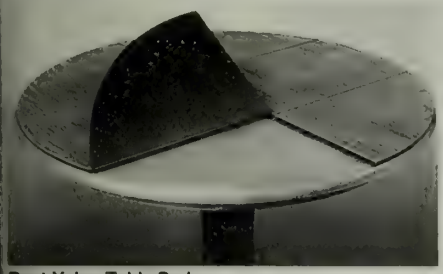
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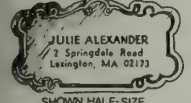
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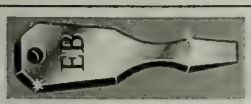
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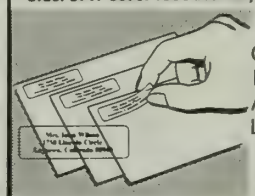
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THE MAN NEXT DOOR

I guess we Hillises must set a pretty good table. More than one robin has forsaken its winter vacation for our well-stocked feeder.

Bill Norman must be planning to visit all the national monuments when he retires. "I have a monumental stack of travel brochures," he told me recently.

Christine finds that just about everyone shopping for a house these days is interested in air conditioning, a built-in dishwasher, and more than one bathroom. But at this time of year, nothing puts a smile on a buyer's face faster than a cheery fire in the fireplace.

As a youngster, says Dick Dresch, he had no trouble with the notion of a day's work for a day's pay, but he adds with a laugh, "I didn't know then it meant day after day after day."

"It's a sign of the times," writes our Rosemary, "that the college bookstore had to change its name to 'Campus Video and Books.' "

"You're going to bake chocolate cookies every weekend until you get it right?" I challenged our Judy, 11. "When do you suppose that will be?"

"When mine are as good as the ones you make," she replied. It's a wise girl that knows her own father.



"At this point, I'd like to depart from my prepared text for a moment."



"What a bunch of bores! Let's try to hold this down to once a year."

When it comes to the use of flattery, laughs Elaine Cowan, "Nothing succeeds like excess."

"Forget the old four Ws of newspaper writing," says editor Earl Reeves. "Today's reader wants to know who, what, and with whom."

"Seems like everyone's trying to save money on interest rates," Grandpa Hillis observes. "I remember when everyone just tried to save money."

Bill Minchin wasn't too upset when the soft drink machine in the company lounge dispensed an empty can. "This is probably a lot better for me than what I had been planning to get, anyway," he cracked.

A couple we know has been seeing a nutritionist. It seems they almost got a divorce on the grounds of irreconcilable diets.

If I ever get the chance, my nomination for the Nobel peace prize will be all mothers of teenagers.

Last week, Burt, Jr., 14, suddenly turned quiet—a big change for him. For days he seemed just plain down.

"Anything you'd like to talk about?" I finally asked when we were alone.

"No," he said. We sat silently for a while. Then he asked, "How do you tell a girl that you've changed your mind?"

"That, ah, depends," I stammered.

"I told Jennifer Martin I'd go to the Thanksgiving dance with her," he explained. "Now the guys are giving me a hard time about it."

"Hmmm," I said, thinking.

"I think they're just mad because we used to hang out at the dances together," Burt, Jr., said.

"Yes, well, I suppose so," I replied.

"I bet they'd feel different if someone wanted to go with them," the boy added. "Anyway, if they're really my friends. . ."

Burt, Jr.'s face brightened, and he never finished that last sentence.

"Thanks, Dad," he said as he raced out the door.

I wonder what he decided.

Burton Hillis

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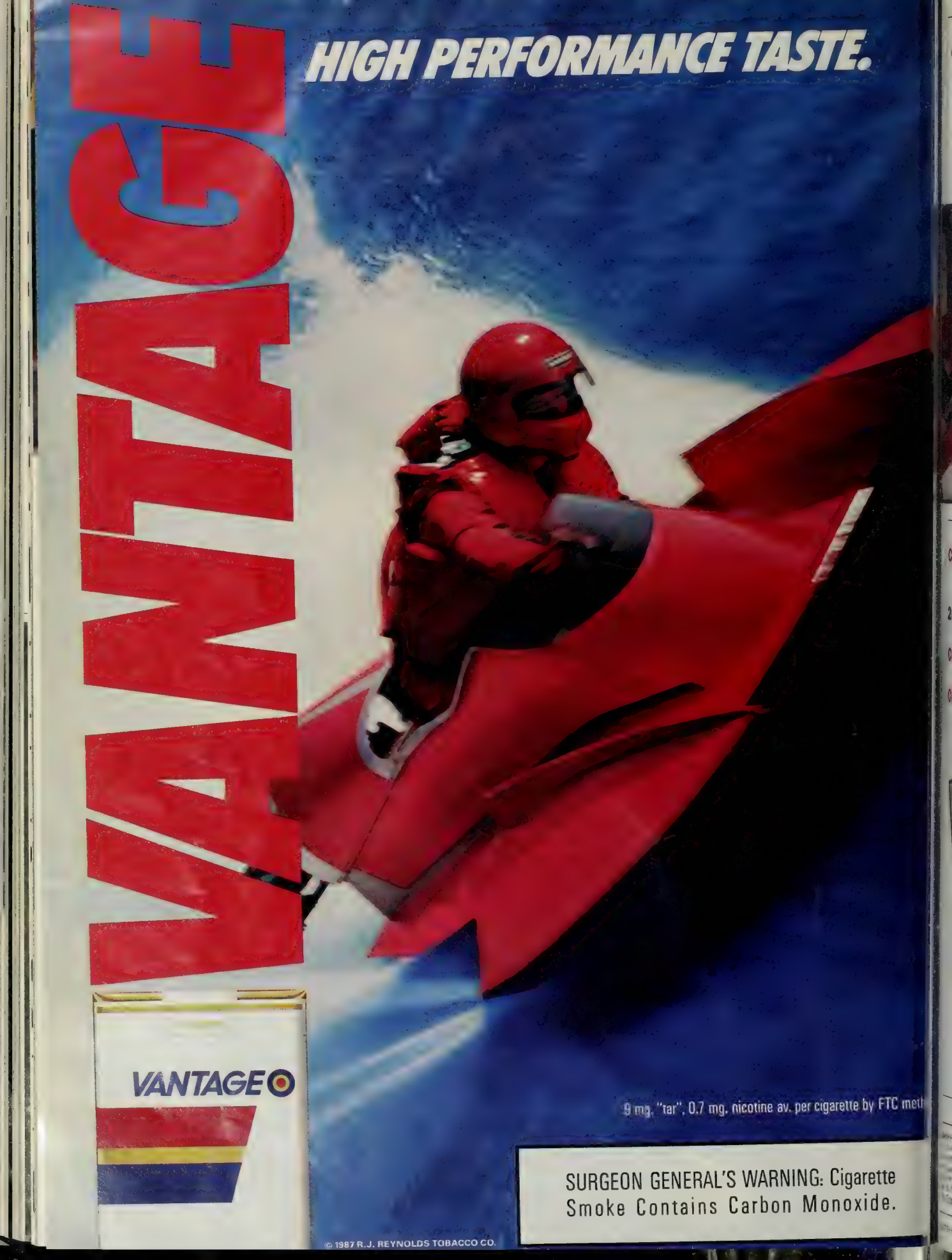
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Better Homes and Gardens®

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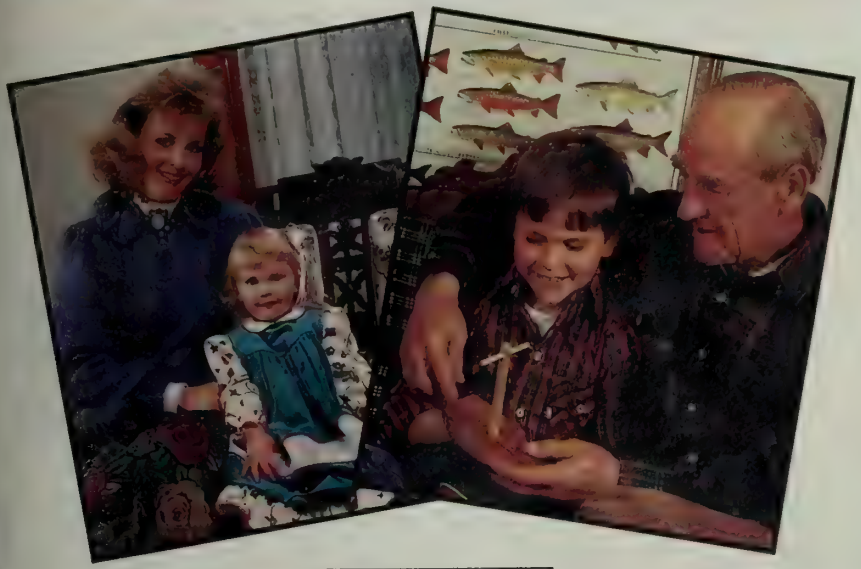
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Chocolate Glaze (below)

Grease and flour 9-inch layer cake pan. In large saucepan bring corn syrup and butter to a boil, stirring occasionally; remove from heat. Add chocolate; stir until melted. Add sugar; stir in eggs, one at a time, then vanilla, flour and nuts. Pour into pan. Bake in 350°F oven 30 minutes or until cake tester inserted in center comes out clean. Cool in pan 10 minutes. Remove; cool completely on rack. Prepare glaze; pour on top and spread on sides. Let stand 1 hour. Serves 8.

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The Commodore 64 can also introduce your children to the finer things in life—like art and music.

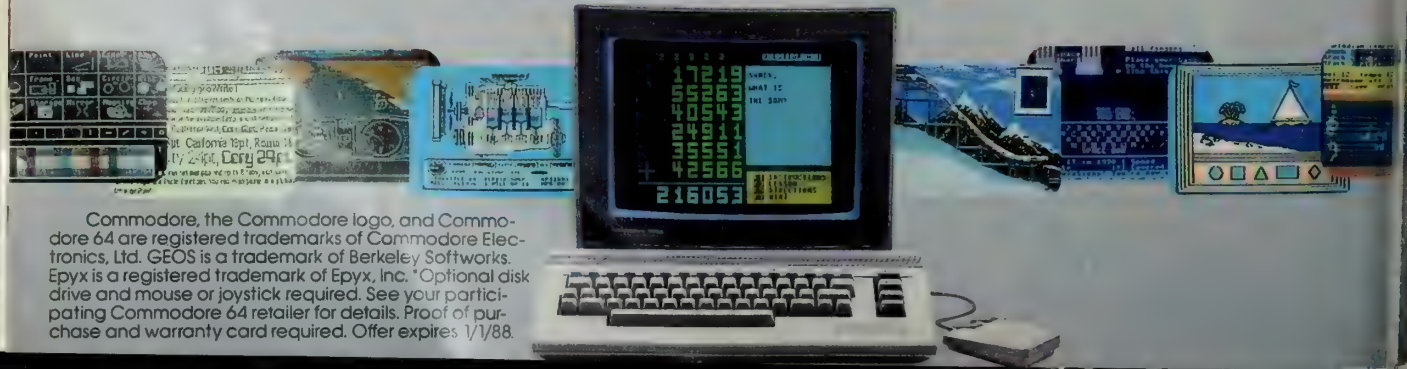
The Commodore 64 even beats video game machines on their home ground, by offering kids a selection of hundreds more games than all video game machines combined. Games that are educational, informative—and a whole lot of fun.

So, don't let your children get trapped. Free them with the Commodore 64.

KIDS CAN DO MORE WITH A COMMODORE 64

$100 FREE OFFER FOR COMMODORE 64 BUYERS.

Every Commodore 64 comes with the critically acclaimed GEOS™ software package, which includes full-function word processing and painting programs. And for a limited time, we're also offering five of the hottest Epyx® videogames absolutely free with your Commodore 64 purchase—a value of over $100.*



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(ADVERTISEMENT)

What's this woman doing?



Several years ago, I was a teacher in Akron, Ohio. One evening, my wife and I were visiting a group of faculty friends. One of them began discussing a very simple small business that a person can start at home — a "home-money project," as he called it. But when he told me how much money it brought in, I almost dropped my coffee cup on my lap.

My wife and I discussed the project as we were driving home. We decided to try it.

The project kept us busy about 8 - 9 hours each week. We used our dining room as an office and kept supplies in one corner of our hall closet.

At first our income was small — $75 to $95 per week. But, as the months passed, our "kitchen-table" income climbed to over $680 per week.

Let me emphasize one thing. This is very important. Our "money project" is moral, honest and downright enjoyable. And, it's 100% your own. It doesn't involve working for anyone else.

I explained the project to my mother in Akron, Ohio. She was 71 years old and lived by herself in an apartment on West Market Street. Within the first 90 days she made over $3,000. All by herself!

As our curiosity grew, we discovered a variety of other people making money but with somewhat different projects...

I talked with an Iowa housewife who's been earning thousands of dollars for over six years. She uses one bay of her garage as a work area.

- She makes up to $200.00 per week — just in her spare time.
- She provides a needed service to her community.
- She works exclusively at home... using a card table. She doesn't need a special office of any kind.
- She works for no one else. There is no selling involved. Most of her clients call her at home. In fact, she installed a phone in the garage.
- Her service is so simple that almost anyone with a flair for crafts could start the same business in their own neighborhood within 20 days. The photo above shows her busy with one of her craft projects.

OVER $35,000 PER YEAR

Two New Jersey housewives I spoke with started a similar project two years ago. Both of them have young children at home and households to run — in addition to their home-based business. Currently, their part-time project is bringing in over $35,000 a year.

A California couple, using the same project we used made $14,870 in just five months.

Obviously, this is exceptional income. What you make will be up to you. But the income potential from some of these projects can be staggering. A husband and wife team I spoke with started a money project similar to ours. Last year, operating full time, they earned over $108,000 — all at home — on their farm in western Wisconsin.

TRY THIS TEST

1. When your Guide arrives, select one project. Read the directions carefully. Remember to begin slowly.
2. Try it for six months.
3. At the end of this trial period, examine your income. If you're not satisfied with the results, return the Guide and we will REFUND YOUR FULL PURCHASE PRICE...NO CONDITIONS...NO DELAYS.

FEATURED ON NATIONAL TV

The complete story of several of our money projects recently appeared on a national television series. Other projects have been featured in numerous newspaper and magazine articles throughout the U.S. and Canada.

HOW TO START

First, you must be willing to work. All of these projects require time, energy, and creativity.

Second, you'll need some working space in your home or apartment. A telephone will help, too.

Third, our projects are tested and workable. No envelope-stuffing schemes, no "party-plans," no door-to-door selling. None of that nonsense.

You won't need "money" to begin. Many of the projects can be started for as little as $25 to $50.

You won't need youth. Maturity and experience are excellent assets.

You won't have to wait. Most of these projects can be started in *just 15 days!*

Mary and I are happy to share these projects with you. Because we won't be competing with you. One person can start a project in Charleston. Another in Duluth. Another in Lansing. Another in Fountain Valley. But since each project is a local business, we won't be competing with each other. Each person is totally independent.

We've put everything into a fact-filled 92-page Starter Guide. It contains all the instructions, sample forms, ledger sheets and *step-by-step starting instructions* you'll need to begin.

I'm so confident that you'll want to begin one of these projects yourself, that I'll send you our Guide to examine for a *full month.*

Our guarantee is simple.

1. Write your name and address on a plain piece of paper and enclose a check for $12.95, BUT POSTDATE YOUR CHECK 30 DAYS IN ADVANCE. That way it's not cashable by us or anyone for a full month. You can, in fact, stop payment on it any time during the next 30 days. It's not really money. So you'll be able to try a project without paying a penny. There is absolutely no risk to you.

2. We'll send you the Starter Guide immediately. Read it and try a project if you wish. If you're not absolutely delighted with your Starter Guide, simply return it within the 30-day period. WE'LL PROMPTLY RETURN YOUR ORIGINAL UNCASHED CHECK. NO DELAYS. NO EXCUSES.

This is the fairest way I know to help you get started.

To order, send your name, address, and postdated check to Home Money Projects, Green Tree Press, Inc., Dept. 491, 3603 West 12th Street, Erie, PA 16505.

Green Tree Press is a member of the Erie, Pennsylvania, Chamber of Commerce. Bank and Business references are available upon request.

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Ruth Greene, RN
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EDITOR'S LETTER

A CELEBRATION OF DIVERSITY

Dear Reader,

In our Family Network column last August (probably not a time when you were thinking much about Christmas), we asked you to write to us about your family holiday traditions. Almost 1,000 of you took the time to write, and your letters were wonderful. We're giving some extra space to Family Network this time to publish what we hope is a generous and representative sampling.

I'm a little humbled by such an outpouring. After all, we've assembled this terrific team of editors, writers, photographers, graphic designers, food stylists, and many other specialists to create a magazine for you. But then *you* send *us* these letters filled with joy, poignancy, brilliance, and most of all a sweet, loving reality about family life.

"Diversity, ethnic and otherwise, is alive and well in American families, thank God."

Actually, it's working out just as we planned when we started the Family Network column. Kate Greer, our managing editor, had the idea in the first place. She wanted to give all of you a chance to share your ideas on family life with other *Better Homes and Gardens* readers. And that, of course, is what's happened so beautifully. I guess what I wasn't expecting was that your letters would so often move me to tears.

Call me a maudlin old fool if you like, but I don't think there will be many dry eyes after reading the letter from Jacqueline Dollar about how she, as a young divorcée and college student, set about making the holiday season special for her tiny daughter.

Or try Carol Raley's story about the miniature garden with electric trains her dad put up every year. That will get you, too. Guaranteed. But you'll see as well in these letters a sense of joyous celebration, some wonderful ideas you can try with your own family, a heartwarming generosity toward those less fortunate, and a wonderful diversity in the way families celebrate.



STEVE BJORKMAN

We've all heard a lot about how America is becoming homogenized—the same food, the same clothing, the same stores, the same fads wherever you go. Our nation's hallowed ethnic diversity, the critics say, has been lost in a sea of fast-food franchises and shopping malls.

Well, maybe, in some ways. But this batch of letters convinces me that diversity, ethnic and otherwise, is alive and well in American families, thank God. That's what makes life interesting.

And, of course, our own differences help us have an appreciation for the differences in others. We come eventually to realize, especially at this time of year, that we're all in it together on this little planet of ours, and that the wish for "peace on earth, goodwill toward all" isn't just a nice saying.

In that spirit, to all of you from all of us, "Merry Christmas, Feliz Navidad, Glad Yul, Buon Natale, S Rozhdestvom Christova, Mung Chua Ciang Sinh, Joyeux Noel, Shalom . . ."

David Jordan

David Jordan, Editor

The other white meat can do anything chicken can do.



If you serve chicken because it's light and nutritious, you should serve the *other* white meat — pork — for the same reasons. And then some.

Because pork's unique flavor makes it a welcome alternative to chicken.

And pork is versatile enough to be easily substituted for chicken in all kinds of recipes . . . and in virtually all meal preparations.

As a white meat, pork is surprisingly lean, wholesome, and convenient. Yet pork provides the great taste you want, with the nutrition and protein you need.

And there's also a variety of new, leaner boneless cuts for you and your family to enjoy.

Start serving pork now. It's lighter than you think.

For a free recipe book containing light, easy, nutritious and creative ways to serve delightful new meals with pork, just send a stamped self-addressed envelope to Pork Recipes, Box 10383-K, Des Moines, Iowa 50306.

Pork Au Vin

1 lb. boneless loin, cut into 3/4" slices
1 Tbs. oil
8 small onions, peeled
1/2 lb. mushrooms, halved
1/2 C. beef broth
1 C. dry red wine
1 Tbs. Dijon-style mustard
2 Tbs. chopped parsley
1 tsp. cornstarch mixed with 1 tsp. water

Brown pork in oil in skillet over medium-high heat. Remove pork. Add onion. Cook and stir till onions are brown. Remove onions. Add mushrooms, cook, stirring till lightly browned. Return pork and onions to pan. Add broth, wine and mustard; bring to boil, reduce heat, cover and simmer 12-15 minutes. Stir in parsley. Remove pork and vegetables. Stir cornstarch-water mixture into juices; bring to boil, stirring; pour over pork.

Serves: 4
Calories per serving: 292

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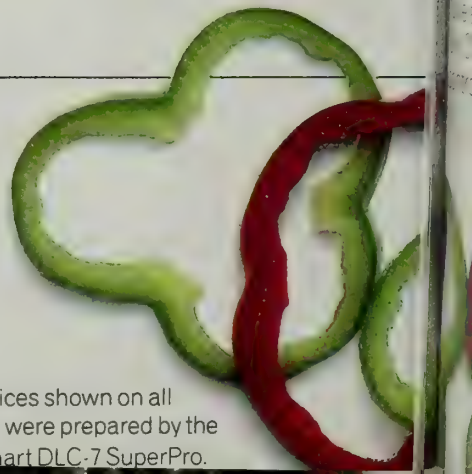
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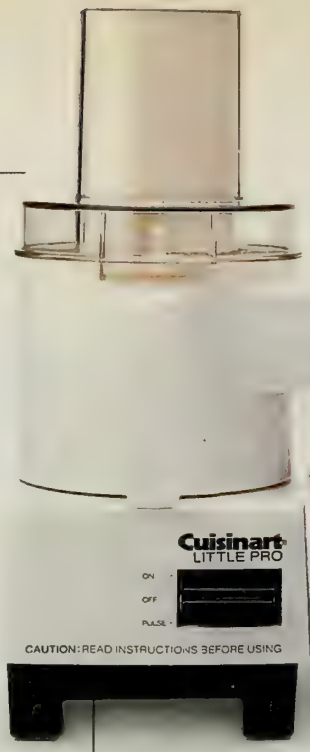
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And, unlike the other compacts, the Cuisinart motor is strong and quiet. Tests show that the inexpensive motors of the other compacts are 30 to 100 times noisier.

The Little Pro is our newest food processor so we must warn you in advance: relatively few are available for the holidays.

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The Whole-In-One, a set of all our optional discs for our full-size machines, offers considerable savings over buying each disc separately. Lets you prepare translucent slices of cucumber. Thick, juicy slabs of tomatoes. Perfect julienned vegetables, French fries and fine lacy shreds of cheese.

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The Cuisinart Disc Holder, in just six inches of counter space, stores up to seven discs.



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It grinds coffee beans, peppercorns and spices; grates cheese and chocolate; mixes salad dressings; purées sauces, vegetables and fruit; makes flavored bread crumbs and crumb toppings; chops and minces garlic, onions, herbs and nuts.

The Mini-Mate Chopper/Grinder runs at low speed for chopping, high speed for grinding. And has a unique, reversible metal blade—a blunt edge for hard ingredients, a sharp one for soft.





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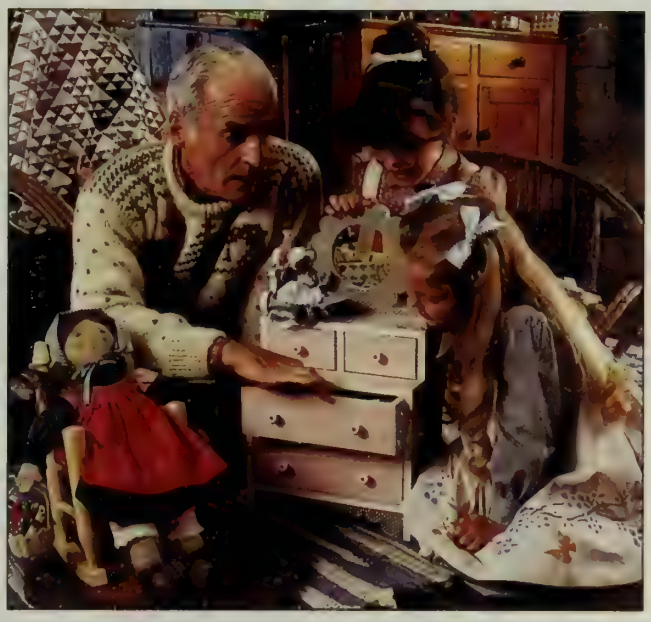
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FAMILY NETWORK

HOLIDAY TRADITIONS

Celebrating with your family

We've received close to 1,000 holiday ideas from you, our family of readers. Your precious traditions give real meaning to the season. Here's how some of you bring the holiday spirit home.



Today's holiday activities are tomorrow's treasured family traditions.

Helping others

For several years our family has "adopted" a family living below the poverty level in rural Mississippi through a nonprofit organization called The Box Project. Founded in 1962 with the help of Mrs. Martin Luther King, Jr., the organization matches families nationwide with needy families in the South. Our relationship with our adopted family has blossomed, and now we help them year-round.

Last year, we realized there weren't any gifts we really needed or wanted for ourselves, and used the money we would have spent on gifts to pay the Mississippi family's December utility bill. For details, send a self-addressed stamped envelope to: The Box Project, Dept. BHG, P.O. Box 435, Plainville, CT 06062, or call 203/747-8182.

Carol Parker
Castro Valley, Calif.

Stable relationships

Our family has begun taking part in our church's living nativity. It is always a beautifully poignant evening, in spite of Kansas' uncooperative weather. We have posed in dense fog, freezing sleet, and heavy snow. It's hard posing quietly with the animals nuzzling hay, especially if you are 5. After our hour shift, we adjourn to the church kitchen for hot chocolate, cookies, and laughter. Yet, everyone is acutely aware of the utter peace at our little stable.

Susan Fargo
Topeka, Kans.

Lighting the way

In our small town, every Christmas Eve luminarias are made and put out the length of the highway that goes through town. Motorists are asked to dim their lights as they drive through to view this beautiful sight.

Christina Montoya
Tularosa, N.M.

Editor's note: Luminarias are white paper bags with a handful of sand holding them in place and a burning votive candle inside.

En Francais

Since I am a French teacher, my husband and I host a "Make Your Own Crepe" party. We provide the crepe shells, ice cream, and a multitude of delicious fillings. Our guests create the finished products. It's been a smashing success.

Connie Marvin
Warroad, Minn.

Hidden coin

For Christmas in our Greek family, my grandmother bakes a special sweet bread. She inserts a quarter, wrapped in foil or plastic, into the bottom of the loaf. The quarter brings good luck for the coming year to the person who gets it, and it is not to be spent.

Paula Karagandis Lucchese
Yonkers, N.Y.

International tree

For several years, we have hosted foreign exchange students, and one of our recent traditions is to put flags on our tree. We first had Norwegian and American flags, and have added the Swedish, Belgian, French, Mexican, Canadian, and Italian.

Ruth Ward
Panama City, Fla.

Finnish bread

Our family gathers on a Saturday in December to prepare *nisu*—a traditional Finnish bread—using a recipe from my late grandmother. Our two junior high daughters help me prepare the dough, and the three boys and my husband begin the long and arduous kneading process. The following day, we invite friends to our home to sample the "Finnish" coffee table, replete with strong coffee, *pala sokeri* (cubed sugar), and, of course, the tasty *nisu.*

Kay Jewell
Warren, Ohio

Sing, sing, sing

Our neighborhood puts on a Christmas "sing." Many people gather to sing carols, and have snacks that each family brings. It is truly an evening of fellowship, food, and fun for all.

Allison Stout
Beeler, Kans.

continued on page 18

continued from page 17

Polish tradition

Our family gathers on Christmas Eve for our Polish *wiliga*. We get together a few weeks before Christmas with our 92-year-old grandmother supervising the production of *pierogi* (dough pockets filled with potatoes or sauerkraut stuffing). A trip to church supplies our *oplatki* (wafers imprinted with a holy picture). By making Christmas Eve a special celebration we are able to get away from a totally Santa-oriented observance.

Mrs. Cathy Prorok Reed
Parma Heights, Ohio

Christmas garden

When my sister and I were children, my parents put up a beautiful Christmas garden every year, with electric trains, little houses that lit up, miniature people, animals and cars, and "snow" spread all around. In the center was the big Christmas tree. As we got older, we were allowed to help. Even after we married and left home, Dad still put up the garden "for the grandchildren." About eight years ago, Dad became ill and couldn't decorate any more, so my sister and I took over.

Everything in the garden goes in the same place every year. It takes us all day, but when it is finished, we turn on the lights and say the same thing: "It's the best one we've ever done." This year we'll be decorating without Dad's help—he died in July. But as we take out the ornaments and other decorations, we'll be grateful for all the wonderful Christmas memories we have.

Carol M. Raley
Dayton, Md.

Something special

As a divorcée college student with a 3-year-old, I was looking for some way to make the holiday season special. Since I knew I would be moving after graduation, I wanted to develop a custom that could move with us. I also hoped to broaden my daughter's horizons and help her learn about other peoples. So I hit upon going to the library every year after Thanksgiving and selecting a country to celebrate with. We read and learn about customs, food, costumes, history, and the country's traditions. We prepare holiday meals using recipes from foreign cookbooks. We make clothing and discuss costumes and fabrics, climates and cultures. We make Christmas cards, including a holiday greeting in the native tongue of the chosen country. Each year we add another foreign ornament to our Christmas tree. We follow each country's traditions as closely as possible, even opening our gifts one year on Dec. 12. I cannot even begin to tell you what a lifetime of warm and happy holiday memories we have.

Jacqueline Dollar
West Des Moines, Ia.



A celebration of shared family holiday traditions from our readers.

Pasta party

Our family has always celebrated Christmas Eve with a huge Italian feast, lovingly prepared by my grandparents, now in their 70s. Our family and close friends gather around heaping tables of antipasto, spaghetti, ravioli, tortellini, gnocchi, meatballs, special meats, breads, and desserts. Last year, my grandparents decided that it was time for the tradition to be continued by the younger members of the family, so my husband and I decided to coordinate a "Christmas Cooking Day" the Sunday before Christmas for all available family members. Everyone brought ingredients, Nonie and Grandpa supervised the mixing, shaping, and browning, and we all had a wonderful day, literally up to our elbows in food and family sharing. Our meal was a tremendous success, and best yet, my grandparents said it was the first time in years that they had the energy to enjoy the food and festivities.

Kathy Guerra Campbell
Pleasanton, Calif.

Czech tradition

Our tradition has always been Czechoslovakian. On Christmas Eve, we all take part in the sharing of *oplatky*. This is a white wafer usually with a holy picture imprinted on it. My mother begins by breaking the wafer and passing a piece to each of us; then we offer our prayers. The wafers are made in monasteries around the country. This is one night of the year when we are all together, bound by the joyous spirit of Christ's birth, our love for each other, and a small, white wafer.

Jessica Floro
Toledo, Ohio

Trading cartoons for carols

In the past, morning TV cartoons and all those toy ads turned minor bickering into major conflicts. For the past few years, we've begun our holiday season more pleasantly. Starting the Monday after Thanksgiving, we eliminate television before school and substitute Christmas songs and carols on the stereo. The calming effect is incredible.

Susan Cox
Louisville, Ky.

A Christmas Carol

Our family gets together on Christmas Eve and has a play-reading of Charles Dickens' *A Christmas Carol*. We all take turns being Scrooge, Tiny Tim, Marley's Ghost, Fezziwig, and Cratchit. It's wonderful fun.

Carol Ann Mallory
San Bruno, Calif.

Tree ornaments

My mother decorates her Christmas tree with very intriguing ornaments—tiny toys, homemade things, and the like. Several years ago, she began allowing each of the grandchildren to select one ornament to keep before she took down the tree. They have thus begun their own collection of ornaments, and, most important, these particular ornaments are bits of their childhood.

Elaine Smith
Alabaster, Ala.

continued on page 21

WHEN HE ASKS FOR LEVI'S® JEANS, MAYBE HE'S NOT BEING AS SENSIBLE AS YOU THINK.



He asks for a pair of Levi's jeans.

And you think, at last!—he's finally appreciating quality, durability and outstanding value.

While he thinks, "I knew she'd think that."

Because the truth is, Levi's jeans have become the most popular brand with boys today, bar none.

They simply love wearing them.

Which means they're not above saying *anything* to get you to buy them a pair.

Even the truth.

LEVI'S

The word "Levi's" is a registered trademark of Levi Strauss & Co
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It can help their grades, grade after grade after grade.

TI's Speak and Math can help kids do better in math because its three challenging levels of activities let them learn at their own pace.

More and more parents are discovering that better math grades start with one simple addition: Texas Instruments Speak & Math.

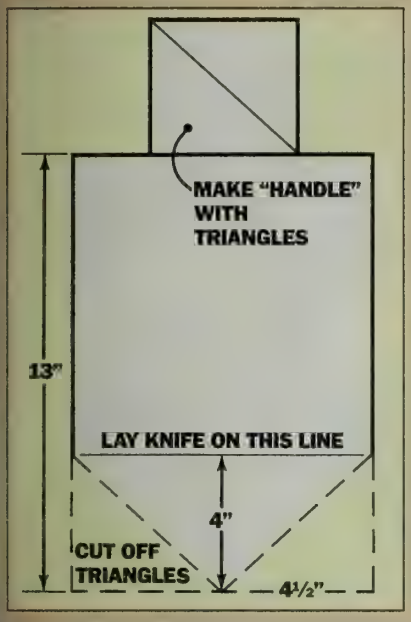
Speak & Math is packed with so many fun activities it will keep your kids captivated for hours. These activities help kids learn at their own pace. Everything from the basics to decimals. And Speak & Math is the only electronic math toy that helps develop logical and analytical thinking.

So pick up a Speak & Math for your kids today. Then discover how much better report cards can be. *And to help your pre-schooler prepare for school, try Texas Instruments Touch & Tell.*

TEXAS INSTRUMENTS

continued from page 18

DREIDEL DESSERT



We welcome Hanukkah with a dessert children love—a cake in the shape of a dreidel (spinning top).

I prepare any of my family's favorite cakes as directed in a 13x9x2-inch pan. After cooling the cake and removing it from the pan, I make the dreidel shape by cutting two triangles off one end *(see illustration).* Next I put the triangles together to make the "handle" of the dreidel and frost the cake. Finally, I fit a pastry tube with a writing tip, fill it with a contrasting color of icing, and write a Hebrew letter on top.

I first made this cake when my five children were small. Now they have their own children, whose eyes light up at the sight of the dreidel cake.

Claire Feldman
Cincinnati, Ohio

Christmas barbecue

We start roasting a pig over an open pit around 4 a.m. Christmas Eve. Family and friends arrive with covered dishes and plenty of sweets. After gifts are exchanged, it's time for a bonfire and fireworks. Last year, we had nearly 60 guests.

Bonnie Hutchinson
Springfield, La.

WRITE TO US

Family Network welcomes letters from you, our readers, describing how you or your friends and neighbors solved problems involving family or community; or letters asking for help with an unsolved problem. Write to Family Network, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®.* We will pay $50 for each letter published.





SEND FOR THE COLORFUL DAYS ACTIVITY CALENDAR.

Name_____
(Please print clearly)
Address_____
City_____
State_____ Zip_____

Enclose: A $1.00 check or money order payable to Crayola Holiday Offer (for postage and handling) PLUS the UPC symbols from any 2 Crayola crayon or colored pencil boxes or any 1 Crayola marker box.

Mail to: Crayola Calendar Offer P.O. Box 3503, Young America, MN 55394.

Expires February 28, 1988. Good in the USA, except where prohibited by law. Please allow 4–6 weeks for delivery.

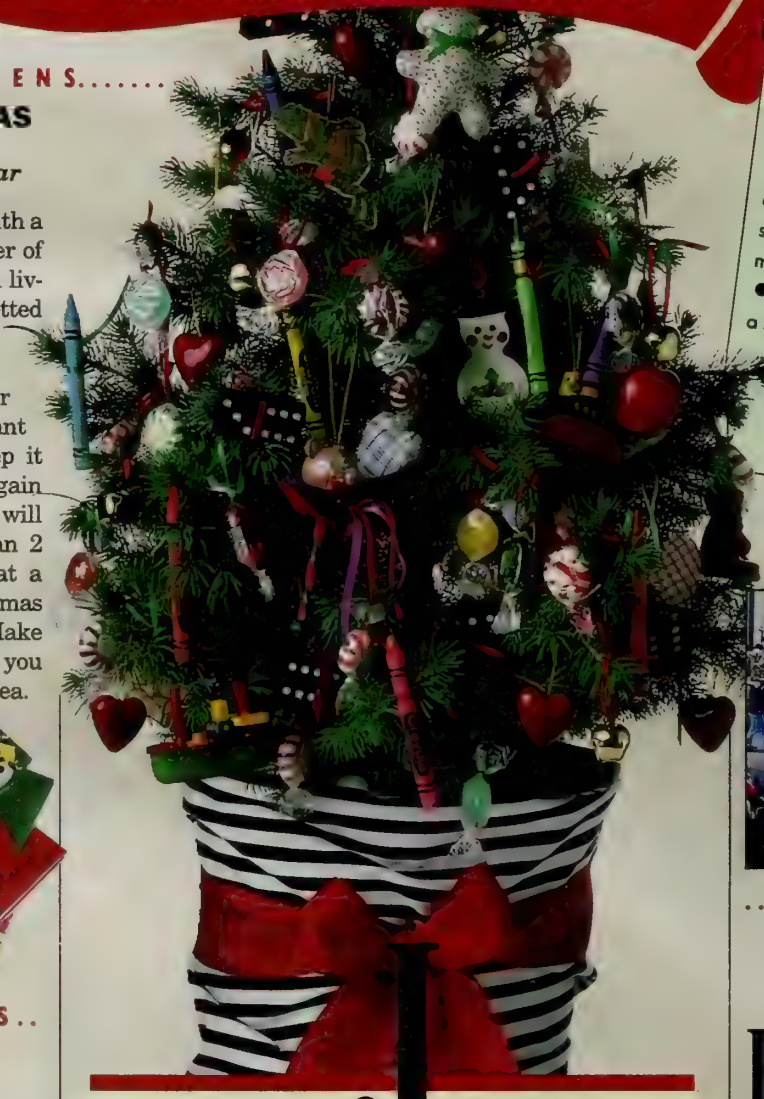
© 1987 Binney & Smith Inc

HOLIDAY ALMANAC

GREAT IDEAS FOR FAMILY AND FRIENDS

Last-minute gifts, fresh decorations, sentiment, traditions — and more!

By Kathryn Stechert



Just for you, we've wrapped up a package bursting with holiday ideas—old-fashioned favorites and bright new ones—all to add to the joy of the season for you and your loved ones. On with the celebration!

TREES CARE • TIPS

- Until just before Christmas, store tree outside in unheated, sheltered area.
- Keep inside only five to eight days. Place away from heat sources inside; roots should stay moist, but not saturated.
- After Christmas, move tree to a sheltered, outdoor location for a couple of days, then plant carefully. In cold climes, dig hole before the ground freezes.

.....EVERGREENS.....

LIVING CHRISTMAS TREES

Giving year after year

This year, decorate with a year-round reminder of Christmas—a small living tree like this potted beauty (*right*) loaded with tiny toys and treats for the kids. After the holidays, you can plant it in your yard, or keep it potted to bring inside again next year. Your best bet will be a tree no larger than 2 feet tall. Select yours at a garden center, a Christmas tree lot, or by mail. Make sure the variety of tree you buy will grow in your area.



..GIFT WRAPS..

JUST RIGHT FOR MAILING

To faraway friends

Keep decorations simple and flat for gifts that must travel. Try spectacular papers (*above*) from Harry N. Abrams, Inc., $16.95, 16 pieces; or try plain paper with pressed flowers, or artfully ripped designs, or paper strips or ribbons.



..TRADITIONS..

CHRISTMAS IN AMERICAN CITIES

Dayton, Ohio

For the past 15 years, a special-for-kids parade has kicked off the holiday season in Dayton on the Sunday after Thanksgiving. The downtown streets fill with clowns, bands, and floats to the delight of more than 150,000 children and their families. A float carrying Santa Claus into the city crowns the day.

continued on page 2

LOOK WHERE GOOD SEASONS® IS SPENDING THE HOLIDAYS.







There's nothing like Good Seasons® over salads except Good Seasons® over the holidays. Good Seasons® Salad Dressing Mix is the key to creating delicious, festive holiday dishes that your family and friends will be delighted to spend time with.

Sweet and Spicy Chicken Wings. Mix 1 package Good Seasons® Italian Salad Dressing Mix, ⅓ cup honey and ¼ cup orange juice. Set aside ¼ cup for dipping. Marinate 24 pieces of chicken wings (1st and 2nd joints) at least 1 hour, then broil 5 minutes on each side, until chicken is cooked and glazed. Serve with dipping sauce.

Salmon Pate. Line a 2-cup bowl or small loaf pan with plastic wrap. Blend one can (7¾ oz.) salmon, 1 envelope Good Seasons® Italian Salad Dressing Mix, 8 oz. cream cheese and ⅓ chopped cucumber. Press into bowl and chill at least 1 hour. Unmold, serve with crackers or cucumber slices.

Hot Cocktail Canapes. Mix ½ cup each sour cream and mayonnaise with 1 envelope Good Seasons® Italian Salad Dressing Mix. Fold in 1 cup shredded Swiss cheese and 1 cup chopped red/green pepper (or 1 cup cooked, diced ham or shrimp). Mound on about 40 bite-size cuts of a variety of breads, and broil until puffed and browned, about 2 minutes. Decorate, if desired.



GOOD SEASONS® THE IDEAS KEEP POURING OUT

© 1987 General Foods Corporation

HOLIDAY ALMANAC

continued from page 22



GIFTS

FRESH MAPLE SYRUP

Nature's sweet goodness

Reserve a portion of the 1988 maple syrup crop through the Rent Mother Nature programs. You'll receive an old-fashioned lease document and a brochure explaining the program; then throughout the winter sugaring season, newsletters report on the harvest's progress. In late April or early May comes the fresh maple syrup, a minimum of 50 ounces for a whole tree rental ($39) or 25 ounces for a bucket ($29)—more, if Mother Nature has a good year. North Country, Box 193, Cambridge, MA 02238. 617/547-0657.



DECORATING

STOCKINGS HUNG WITH CARE

For festive accents anywhere



White stockings sparkle with a different seasonal look.

You don't need a mantel—or traditional red and green—for Christmas stockings. Try a door or bedpost and hang cotton beauties like these from paper white ltd.

NOSTALGIA

DECORATE WITH COLLECTIONS

To celebrate the past

Bring out the old while you ring in the new by putting personal collections on display. Nestle old-timey toys from the attic in a wagon to create a warm touch and intrigue kids and adults alike.

CANDLE TRIVIA

SNAP • SHOT

The custom of placing candles in the window was brought to America from Ireland. The Irish light the window and leave their doors unlocked to welcome the Holy Family seeking shelter.



TRADITIONS

THE KWANZAA CELEBRATION

Seven principles to live by

In the week after Christmas, thousands of families celebrate Kwanzaa, a 20-year-old, nonreligious African-American tradition that focuses on family. Each day, a candle in the *kinara* is lighted to honor one of seven principles, such as unity, creativity, and faith. A feast caps the week. Information: Afro-American Cultural Center, 2560 W. 54th St., Los Angeles, CA 90043.



TRADITIONS

CHRISTMAS IN AMERICAN CITIES

Seattle, Washington

Since 1949, Seattle's Civic Christmas Ship, aglow with holiday lights and a tree, has cruised the city's waterways for several special days in December. The ship with its passenger load of carolers makes as many as 25 stops on its voyage to serenade neighborhoods all up and down the city's glorious waterfront.

continued on page 2

Homemade taste. It's in there.™
Prego® Extra Chunky.



SAVE 25¢ ON ONE JAR OF ANY VARIETY OF PREGO® EXTRA CHUNKY SPAGHETTI SAUCE.

Manufacturer Coupon | Expires 7/31/88

CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. GROCER: Redeem on terms stated for consumer use upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. For reimbursement of face value plus 8¢ mail to: CAMPBELL SOUP COMPANY, Dept. 5901, El Paso, Texas 79966. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash Value 1/100¢

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MPBELL SOUP COMPANY

HOLIDAY ALMANAC

continued from page 24



..TRADITIONS..

CHRISTMAS IN AMERICAN CITIES

Fort Worth, Texas

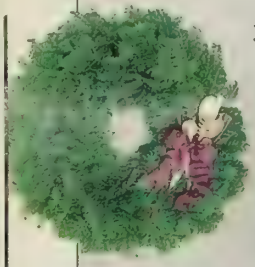
A brilliant show of lights ushers in the season in this lively Texas town, as hundreds of cars, horse-drawn carriages, and floats draped in colored lights parade up historical Main Street. Highlight of the celebration: lighting of the city's Christmas tree.

..DECORATING..

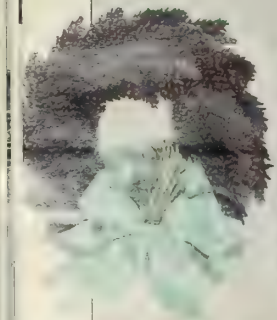
QUICK DRESS-UPS

For traditional wreaths

Nothing says welcome as cheerfully as a wreath at holiday time. Personalize a purchased wreath in a snap with simple ideas such as these which come right from your kitchen:



Individualize a lush evergreen wreath with kitchen gadgets tied with a ribbon.



Nestle a bouquet of fragrant dried herbs in a generous bow and hang on a cone wreath.

.....DECORATING.....

HIGHLIGHT FAMILY PHOTOS

To celebrate past and present



Family photos make enchanting holiday decorations.

Set off old family photographs with candles and such, and create a special spot in your home for gathering and remembering the good times.

.....GIFTS.....

NEW VIDEO TAPES FROM BH&G

Do-it-yourself with flair



Three new video tapes from *BH&G* make great gifts anytime: "Wallpaper like a Pro," "Cooking Made Microwave Easy," and "Foolproof Flower Beds." Call 800/678-2672, or send check or money order to: Better Homes and Gardens, Dept. 6AB, Box 374, Des Moines, IA 50336; $21.85 (includes shipping) each tape (specify).

.....GIFTS.....

DISTINCTLY DECORATIVE

Angel table ornament

This charming 18-inch Gabriel made of weathered-tin is too dear to put away after Christmas. Created for *BH&G* readers by artist Ivan Barnett in his southwestern/country style, each piece is signed and dated. Send $32 to The Ivan Barnett Collection, R.D. No. 1, Stevens, PA 17578.



.....GIFTS.....

NO-WRAP ITEMS FOR INSTANT GIFTS

Just-under-the-wire ideas



Forget the wrapping altogether with imaginative containers that are gifts themselves. For inspiration consider these last-minute presents that come together in a flash: a bright lunch box full of cookies for your favorite brown bagger (of any age); an oversize coffee mug brimming with special beans—Jamaica Blue Mountain, perhaps—and a simple terra-cotta pot stuffed with seed packets.

continued on page 3



THE DURKEE 10-MINUTE* CASSEROLE

It's fast. It's easy.
And only Durkee adds that crunch... that savory onion flavor!



Mini Meat Loaves 'N Vegetables
***(Ready To Bake In Just 10 Easy Minutes)**

- 1½ pounds lean ground beef
- ½ teaspoon salt
- 1 egg
- 1 can (8 oz.) tomato sauce
- ½ teaspoon Durkee Italian Seasoning
- 1 can (2.8 oz.) Durkee French Fried Onions
- 6 small redskin potatoes, sliced thin
- 1 bag (16 oz.) frozen broccoli, corn, red pepper combination, thawed and drained

Combine meat, salt, egg, *½ can* tomato sauce, Italian seasoning and *½ can* French Fried Onions. In 9 x 13-inch baking dish, form 3 mini loaves. Place potatoes around loaves. Bake, covered, at 375° for 35 minutes. Place vegetables around loaves; stir to combine with the potatoes. Lightly season with salt and pepper, if desired. Top meat loaves with remaining tomato sauce. Bake, uncovered, 15 minutes. Top loaves with remaining onions; bake, uncovered, 5 minutes longer.
Preparation time: 10 minutes MAKES 3 to 6 servings.

MICROWAVE DIRECTIONS: Prepare meat and potatoes as above except place in 8 x 12-inch baking dish and place potatoes under and around meat loaves. Cook, covered, on HIGH 10-13 minutes; turn halfway through cooking time. Add vegetables and top meat with sauce. Cook, covered, on HIGH 7 minutes. Top with remaining onions. Cook, uncovered, on HIGH 1 minute. Let stand 5 minutes before serving.

For people who like to smoke...

New LIGHTS



18 mg "tar" 0.7 mg nicotine av. per cigarette, by FTC method.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

BOX

The new case for the best-tasting Lights.



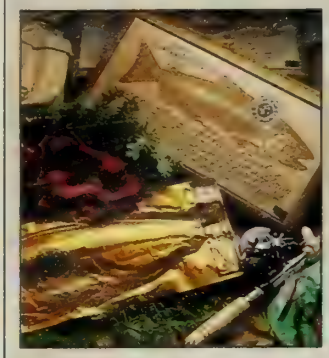
BENSON & HEDGES

because quality matters.

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HOLIDAY ALMANAC

continued from page 26



..TRADITIONS..

WASHINGTON STATE SMOKED SALMON

A please-anyone present

Here's a specially priced, last-minute gift idea—a 1¼-pound sockeye salmon fillet, smoked over alderwood fires. Credit card orders up to December 21 for Christmas delivery. $30.95 (plus air freight if needed). Specialty Seafoods: 800/645-3474; in Washington call 800/445-5426.



.....GIFTS.....

WILLIAMSBURG HORN UTENSILS

Historical and handsome

These striking scoops and spoons—each one is unique in color and pattern—are similar to those once sold in colonial stores. They are made in England, largely by hand, by a horn-crafting company founded in 1749. $59 the set, postpaid. The Colonial Williamsburg Foundation, 800/446-9240; in Virginia, 804/220-7463.

.....GIFTS.....

A TUG-AT-YOUR-HEART HOLIDAY BOOK

A Christmas special for BH&G readers



A Cup of Christmas Tea, *signed by author and illustrator.*

Cozy up with this autographed book, which comes with audio tape and packet of tea. Order by December 10 for delivery by Christmas: Waldman House Press, 525 N. 3rd St., Minneapolis, MN 55401. $19.95 postpaid.

.....CENTERPIECES.....

HIGH-IMPACT TABLETOPS

Easy, elegant, unexpected



Bright, festive table decorations come easy when you start with a simple container and fill to overflowing. For example, brighten a basket with colorful savoy cabbage; stud with baby carrots and squash, radiant peppers and radishes; spritz with water.



.....SCENTS.....

CHRISTMAS FRAGRANCE

Bubbling on the stovetop

Let a batch of homemade potpourri simmer to fill your home with delicious scents.

Mix ½ cup orrisroot chips, 15 drops cinnamon oil, 10 drops clove oil, and five drops orange oil. In another bowl, mix: 1 cup each of broken cinnamon sticks, whole allspice, dried orange peel, bay leaves, coriander, and mint. Add ½ cup each whole cloves, star anise, pine needles, and rosemary leaves. Stir two mixtures together. To scent the air, put ⅓ cup of the potpourri in 4 cups water, boil, reduce heat, simmer. Add water as needed.



.....MUSIC.....

THE SOUNDS OF CHRISTMAS

Raffi and fans

Please a child this seaso (and yourself, too) b spinning one of th cheeriest holiday recor around—Canadian sing Raffi's "Christmas Album from A & M Records.

SATISFACTION GUARANTEED

90-DAY REFUND OR EXCHANGE OPTION

DIRECT FROM GE
ON MAJOR APPLIANCES

Get your money's worth. Or your money back.

What could be better than getting one f the best appliances money can buy?

And if something should happen to go rong, what could be better than getting our money back?

That's why we're offering Satisfaction uaranteed in addition to our warranties.

Satisfaction Guaranteed lets you live ith our major appliances* for ninety days. nd if you're not absolutely satisfied, we'll eplace them. Or refund your money.

We're also the only major appliance aker with this guarantee. We also offer ctory-trained service professionals and e Quick Fix® System for do-it-yourselfers. nd our 24-hour GE Answer Center® ser- ce. (You could call us at 800-626-2000 out Satisfaction Guaranteed right now.)

Of course, you may never need to use our Satisfaction Guarantee.

But isn't it satisfying to know it's there if you need it?



*Applies to new refrigerators, freezers, dishwashers, compactors, washers, dryers, microwave ovens and cooking products purchased from an authorized GE retail dealer.

We bring good things to life.

THE FIRST PACKAGE YOU SHOULD OPEN THIS CHRISTMAS.

When you open a package of
Hidden Valley Ranch salad dressing,
you open up all kinds of
possibilities for holiday recipes.
Because the special taste of Hidden Valley Ranch
goes so well with so many different foods.
Try these delicious ideas
for appetizers and hors d'oeuvres.
And write for our 18-page cookbook,
filled with year-round recipes.
Just send
your name, address and 50¢ to:
HVR Cookbook Offer
P.O. Box 7395
Clinton, IA 52736.





HIDDEN VALLEY RANCH OYSTER CRACKERS

12–16 oz. plain oyster crackers
1 pkg. Hidden Valley Ranch® Buttermilk Recipe Original Ranch Salad Dressing Mix
¼ tsp. lemon pepper
½–1 tsp. dill weed
¼ tsp. garlic powder
¾–1 cup salad oil

Combine Hidden Valley Ranch mix and oil; add dill weed, garlic powder and lemon pepper. Pour over crackers, stir to coat. Place in warm oven for 15–20 minutes.



HIDDEN VALLEY RANCH BUFFALO WINGS

24 chicken wings/drummettes ½ cup melted butter
¼ cup hot pepper sauce (less if desired) 3 tbs. vinegar
2 pkgs. Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing Mix
½ tsp. paprika Celery sticks

Preheat oven to 350°. Dip chicken in mixture of melted butter, pepper sauce and vinegar; put in baking pan. Sprinkle with 1 package dry dressing mix. Bake 25–30 minutes or until browned. Sprinkle with paprika. Serve with celery sticks and prepared Hidden Valley Ranch Salad Dressing as dip.



HIDDEN VALLEY RANCH CHEESE BALL

½ cup prepared, double strength Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing (1 package, ½ cup mayonnaise and ½ cup milk)
8 oz. shredded Cheddar cheese, room temperature for 1 hour
6 oz. cream cheese, room temperature for 1 hour
5 oz. sliced almonds, toasted

Mix the *double strength* salad dressing and cream cheese. Beat well with electric mixer. Add Cheddar cheese and blend. Cover and freeze for 30 minutes. Shape cheese mixture into a ball. Roll cheese ball in toasted almonds.



HIDDEN VALLEY RANCH NACHOS

8–10 oz. tortilla chips
¾ cup prepared Hidden Valley Ranch® Milk Recipe Original Ranch Salad Dressing
6 oz. shredded sharp Cheddar cheese
¼ cup sliced green onions

Arrange chips in shallow baking dish. Pour salad dressing over chips; sprinkle cheese and green onions evenly over chips and dressing. Bake at 350° for 8 minutes or until cheese is melted slightly. Additional topping suggestions: sliced ripe olives, jalapeno peppers, diced bell peppers.



A LASTING GIFT, IT'S NOT.

To send a gift of Baileys anywhere in the U.S., call 1-800-238-4373 or 1-800-243-3787. Void where prohibited.
Baileys® Original Irish Cream® Liqueur. Imported by The Paddington Corp., Fort Lee, N.J. 17% alc. by vol. © 1987

CHRISTMAS



SOUTHWEST STYLE

By
Jim Williams
and
Jilann Severson

Feliz Navidad! New fallen snow on dried desert plants, old adobe architecture, and crackling piñon logs in the fire set the stage for our collection of colorful Christmas folk art and traditions—southwestern style. You'll find our pages brimming with tree trims, toys, gifts, stockings, wreaths, and decorations for indoors and out.



SOUTHWEST STYLE

Native turquoise and silver and brilliant colors abound in southwestern Indian handcrafts. This year, we've gathered holiday crafts inspired by these time-honored materials for you to make, enjoy, and give.



A SPECTACLE OF COLOR

Pack a tree with shimmering silver balls, "necklaces" of beads and corn, and fabric birds in desert colors. A vivid Seminole patchwork quilt, serape stockings, and soft-sculpture crèche figures fill the room with southwestern holiday spirit. A children's doll cupboard and chair recall the traditional furniture styles of the region.

To order Cupboard and Chair project plans, see page 178.

LOVABLE ANGELS

An adorable felt Indian doll will delight the tots as a Christmas angel or yearlong playmate. Ribbon hair, button eyes, and an embroidered jumper add to the doll's irresistible charm. Paper wings of angel ornament can whisk off for playtime.

To order Angel Doll and Ornaments full-size patterns, see page 178.

Index of instructions, page 48. Buying information, page 180.

PHOTOGRAPHS: TERRY HUSEBYE. DESIGN CREDITS, PAGE 48.
FIELD EDITOR: PATRICIA CARPENTER



SOUTHWEST STYLE

Christmas always sings with a generous spirit of welcome. Colorful candles in windows, wreaths, and crèche figures invite one and all to take part in the holiday festivities.



CANDLELIGHT VIGIL

Colorful candles stand tall in window ornaments fashioned from bent wire and silver wooden balls. A tin and wood wreath and a *ristra* of blue corn are decidedly southwestern details.

SOFT-SCULPTURE NATIVITY

A simple but elegant southwestern-style crèche brings to mind the true meaning of Christmas. Crèche figures are fabric adaptations of ancient clay *santo* sculptures.

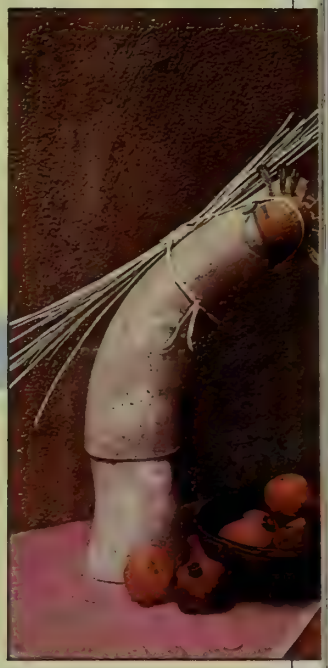
CORN HUSK WREATH

A humble wreath of Indian corn offers a holiday welcome while adorning a rustic doorway. To craft your own, loop dampened shucks through a wire wreath form and pull them through to the front.



CONTEMPORARY KACHINA

Handcrafts play an important part in southwestern culture. This delicate gourd kachina, a representation of a Hopi Indian goddess, is an elegant work by New Mexican artist Robert Rivera.



Index of instructions, page 48.
Buying information, page 180.



SOUTHWEST STYLE

Captivate your family with toys and ornaments that hint at the excitement and festivities of a southwestern Christmas.



CHRISTMAS ANGEL

Cut-paper wings and an embroidered smock enhance this Christmas angel. Use her as a treetop or ornament, or as a toy for your own little cherub.

To order Angel Doll and Ornament full-size patterns, see page 178.

DANCING-ANGEL TREE

Playful angels dance among fluffy rag balls, tiny toy drums, and purchased tin stars on a ribbon-draped tree. A tree just right for kids! Our lovable chum, Juan the Coyote, takes a siesta beside a denim rug stitched from squares of worn blue jeans.



SOUTHWEST COYOTE

All the little "pardners" will love this rough-and-tumble character! Stitch up a whole pack for Christmas giving.

To order Juan the Coyote full-size pattern, see page 178.

PHOTOGRAPHS: TERRY HUSEBYE. DESIGN CREDITS, PAGE 48.

Index of instructions, page 48.
Buying information, page 180.



SOUTHWEST STYLE

Capture the casual feeling of the Southwest for your holiday table. Clay, glass, forged steel, and bright handcrafted accents are natural choices.



TIMELESS TABLEWARE

Dansk's "Mesa" stoneware in "Blue Sky" and "White Sand" has an earthy, casual feel that's perfect for everyday use as well as special occasions. Handwrought flatware by Patino/Wolfe.

CASUAL HOLIDAY DINING

Maize and birds, two common themes in southwestern designs, embellish a linen table runner for a Christmas feast. To stitch your own, appliqué birds and corn plants, then embroider corn tassels and bird legs in wool. Simple pottery and natural terra-cotta carry out the look. "Normandy" clay dishes by Lone Oak; "Mesa" stoneware by Dansk.

To order Birds in Maize Table Runner full-size pattern, see page 178.



SHIMMER OF SILVER

The look of silver and turquoise reappears in stainless flatware with stone accents from the "Jewel Collection" by Kirk-Stieff and in the lacquered service plates by Arita. Aqua frosted-stem "Tahiti" champagne glass by J.G. Durand. The appliquéd cloth serves as either a place mat or napkin.

PHOTOGRAPHS: TERRY HUSEBYE. DESIGN CREDITS, PAGE 48.

Index of instructions, page 48.
Buying information, page 180.

SOUTHWEST STYLE

Let touches of the Southwest enliven your holiday settings this year. Here you'll find handmade gifts, toys, and ornaments that will add color and charm to your Christmas festivities.



STENCILED VEST

Create a one-of-a-kind western vest. It's easy when you stencil a colorful border on a leather vest from Tandy Leathers.

To order Vest and Stencil kit, see page 178.



LINEN-WRAPPED CANDLES

Linen-wrapped votives glow in front of a traditional New Mexican santo, or holy figure. Make the candles by wrapping fabric around glass tumblers and tying with raffia.



PAINTED STONE FINISHES

Painted faux finishes are right at home in the Southwest. A marbleized wooden box and sponge-painted gift wrap and beads suggest ancient colored stone.

To order Bird Ornament full-size pattern, see page 178.



DESERT PILLOWS

Easy patchwork pillows in soft colors are great last-minute gifts. Use three or four related colors that suggest desert skies and landscapes.

PHOTOGRAPHS: TERRY HUSEBYE



ROCKING TOYS

Wooden rocking "toys" are tomorrow's folk art. The stylized rooster and dove, inspired by southwestern art, are built from scraps of wood. Paint them in pastel colors and add brushstroke flourishes.

To order Rocking Toys plans, see page 178.

TRADITIONAL TINWORK

For a traditional Mexican wreath, nail tin leaves to a circle of plywood. Silver upholstery tacks and a quick rubbing of black paint finish the project.





SOUTHWESTERN STITCHERIES

Traditional motifs appear here as stenciled and embroidered designs. Basic stitches and skills are all you need to reproduce these projects. Frame them with faux-finish mats to complete the Southwestern look.

To order Birds in Maize Stencil, see page 178.

SCRAP CRAFTS

Colorful rag balls burst with scraps of clothing, odd fabrics, and ribbon pinned to plastic-foam balls. Tin stars are an example of New Mexican handcrafts.

Credits, page 48.

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DESIGNERS (For Christmas crafts pages 37–47 and 99–113)

Southwest Style

Pages 38–39: Seminole Patchwork Quilt: Jan Hawks. Serapé Stockings, Bird Ornaments: Linda Beardsley. Southwestern Doll Furniture, Folk Art Rocking Toys, Painted Bead Necklaces: Jim Williams. Felt Angel Dolls: Susan Carson.

Pages 40–41: Tin and Wood Wreath, Wire Candle Holders, Indian Corn Wreath: Jim Williams. Soft Sculpture Nativity: Barbara Smith.

Pages 42–43: Juan the Coyote: Phyllis Dunstan. Denim Rug: Margaret Leonardo. Toy Drum Ornaments: Jim Williams. Rag Ball Ornaments: Susan Carson.

Pages 44–45: Birds in Maize Table Runner: Jim Williams.

Pages 46–47: Stenciled Vest, Linen-Wrapped Candles, Birds in Maize Stencil: Jim Williams. Marbleized Wooden Box: Maribeth Sullivan. Patchwork Pillows: Margaret Sindelar. Bird Stitchery: Barb Bergman.

Country Style

Page 99: Paper-Punch Luminarias: Jim Williams.

Pages 100–101: Country Stocking: Margaret Sindelar. Miniature Pinecone Wreath: Ruth Reetz. Miniature Sailboat: Dana McDill.

Pages 102–103: Filet Crochet Pillow and Window Ornament: Jim Williams for DMC. Fisherman Afghan: Coats and Clark. Stag and Pine Tree Sampler and Place Mats: Jim Williams.

Pages 104–105: Tugboat, Sailboat: Ron Hawbacker. Fish Lure Ornaments, Cardboard Stars: Jim Williams. Awning-Stripe Ornaments: Sue Veigulis. Shell and Pinecone Wreath: Ruth Reetz.

Pages 106–107: Bear Family: Phyllis Dunstan.

Victorian Style

Pages 108–109: Crocheted Ornaments: Dixie Falls. Peppermint Wreaths: Margaret Sindelar. Pierced-Paper Doves: Chris Noah-Cooper. Alphabet Tree Ornaments, Velvet Roses: Jim Williams. Victorian Pony: Ron Hawbaker. Victorian Baby Doll: Teresa Boernke.

Pages 110–111: Glove Ornaments: Ciba Vaughan. Mitten Ornaments: Linda Beardsley. Crazy-Quilt Hearts: Barb Bergman. Big and Little Sister Dolls: Patty Reed. Victorian Portraits: Lorie Skahen. Jingle-Bell Stocking: Margaret Sindelar.

Pages 112–113: Gilded Walnuts, Alphabet Tree Sampler, Holly Appliqué Pillow: Jim Williams. Bear Pull-toy: Barbara Hickey. Initial Pillow: Gary Boling. Victorian Pullover: Mary Ann Patrick. Lace-Net Darning Bunnies: Jil Severson.

SOUTHWEST STYLE

Seminole Patchwork Quilt, page 38

Materials: 45-in.-wide fabric in the following amounts: 2 yd. rust, 3¾ yd. purple, 2 yd. turquoise, 2 yd. rose, 2 yd. pink, ½ yd. peach, ½ yd. tan; 48×65-in. quilt batting; thread; water-erasable marker; ruler.

Instructions: Finished size approximately 44×61 in. *Note:* ¼-in. seam allowances included for all pieces. Unless otherwise stated, sew with right sides of fabric together.

Cutting and piecing: Cut purple fabric into two 1⅞-yd. pieces; set one piece aside for backing.

For patchwork, cut strips as follows: rust: four 1½×67½-in. strips, two 1¾×67½-in. strips; purple: four 1½×67½-in. strips, two 2×67½-in. strips; turquoise: four 1½×67½-in. strips; rose: four 1½×67½-in. strips; pink: four 1½×67½-in. strips; peach: six 1½×45-in. strips; tan: six 1½×45-in. strips.

Sew strips together lengthwise and in order shown in chart (*above right*) to make 1 large block. Press all seams in one direction. *Note:* To join lengths of same-color strips, simply overlap ends and continue sewing.

Cut across pieces to make 1½-in. strips. See diagram (*above right*) for detail. Discard strips where overlapping occurred. Sew strips together, sliding down 1 row with each strip; continue until all pieces have been used. See diagram (*above right*) for detail. Press seam allowances in one direction. Trim off points on outer edges. Cut diagonally across piece to make bottom and top edges at right angles with sides. *Note:* Finished block will be 1 large rectangle with colors running in straight lines and squares running diagonally. See photograph on *page 38* for detail.

For backing, cut two 24¼×65-in. pieces from purple; seam together lengthwise. Cut batting to same size; hand-baste batting to wrong side of backing. Baste through centers, around edges, and in grid pattern every 6 in. in both directions from center.

Cut the following center strips: turquoise: one 1½×43-in. strip, two ¾×43-in. strips; rose: two 1×43-in. strips; purple: two 1×43-in. strips, two 1½×43-in. strips.

Cut the following border pieces: rust: two 1×43-in. strips; pink: four 1½×67½-in. strips, four ¾×67½-in. strips; rose: four 1¼×67½-in. strips, four 1½×67½-in. strips, four ¾×67½-in. strips; turquoise: four 1½×67½-in. strips, four 2¼×67½-in. strips, four ¾×67½-in. strips; purple: four 2¼×67½-in. strips, four 2⅞×67½-in. strips.

Assembly: *For center strips,* pin 1½-in. turquoise strip down lengthwise center of batting, placing end 11 in. from top; sew around strip ⅛ in. from cut edges, going through all layers.

Place one 1-in. rose strip on top of turquoise strip, right sides together and raw edges even. Sew outer edge of rose strip with ¼-in. seam, going through all layers and keeping other edges free. Repeat for other rose strip on other side of purple. Open out rose strips; pin flat to backing, encasing raw edges of purple. Repeat process with 1-in. purple strips, ¾-in. turquoise, and 1½-in. purple strips. See photograph on *page 38* for detail.

Cut patchwork into two 43-in.-long lengths. Place over purple strip and sew in same manner as center strip was sewn. *Note:* Rust edges should line up with purple strip.

For borders, piece and sew the border strips in same manner as the center strips, sewing side (long) borders first, then upper and lower borders. *Note:* Upper and lower borders will cross and butt side borders at right angles. See photograph on *page 38* for detail.

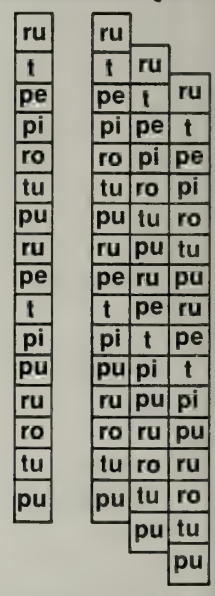
After sewing outer edges of borders down, trim off excess lengths. The color placement for the outer borders is as follows: 1½ in. pink, 1¼ in. rose, ¾ in. pink, 1½ in. rose, 1½ in. turquoise; ¾ in. rose, 2¼ in. turquoise, 2¼ in. purple, ¾ in. turquoise, 2⅞ in. purple.

When all border pieces have been attached, sew outer purple edges in place against batting with ⅛-in. seam allowances. Bind outer edges with straight strips of rust fabric.

To keep bias center strips from bagging, invisibly hand-tack center of pieced rows to backing and batting.

SEMINOLE PATCHWORK QUILT

rust	1¾
tan	1½
peach	1½
pink	1½
rose	1½
tur	1½
purple	1½
rust	1½
peach	1½
tan	1½
pink	1½
purple	1½
rust	1½
rose	1½
tur	1½
purple	1¾



Serape Stockings, page 38

Materials: 1 serape or ⅜ yd. striped wool fabric; ⅜ yd. muslin; ⅜ yd. lightweight quilt batting; thread; water-erasable marker.

continued on page 51



Pumpkin Pie. Homemade with Love.



You can taste all the love you bake into a Libby's Pumpkin Pie.

It's delicious and so easy to make with the recipe below using Libby's Pumpkin and Carnation Evaporated Milk.

LIBBY'S FAMOUS PUMPKIN PIE

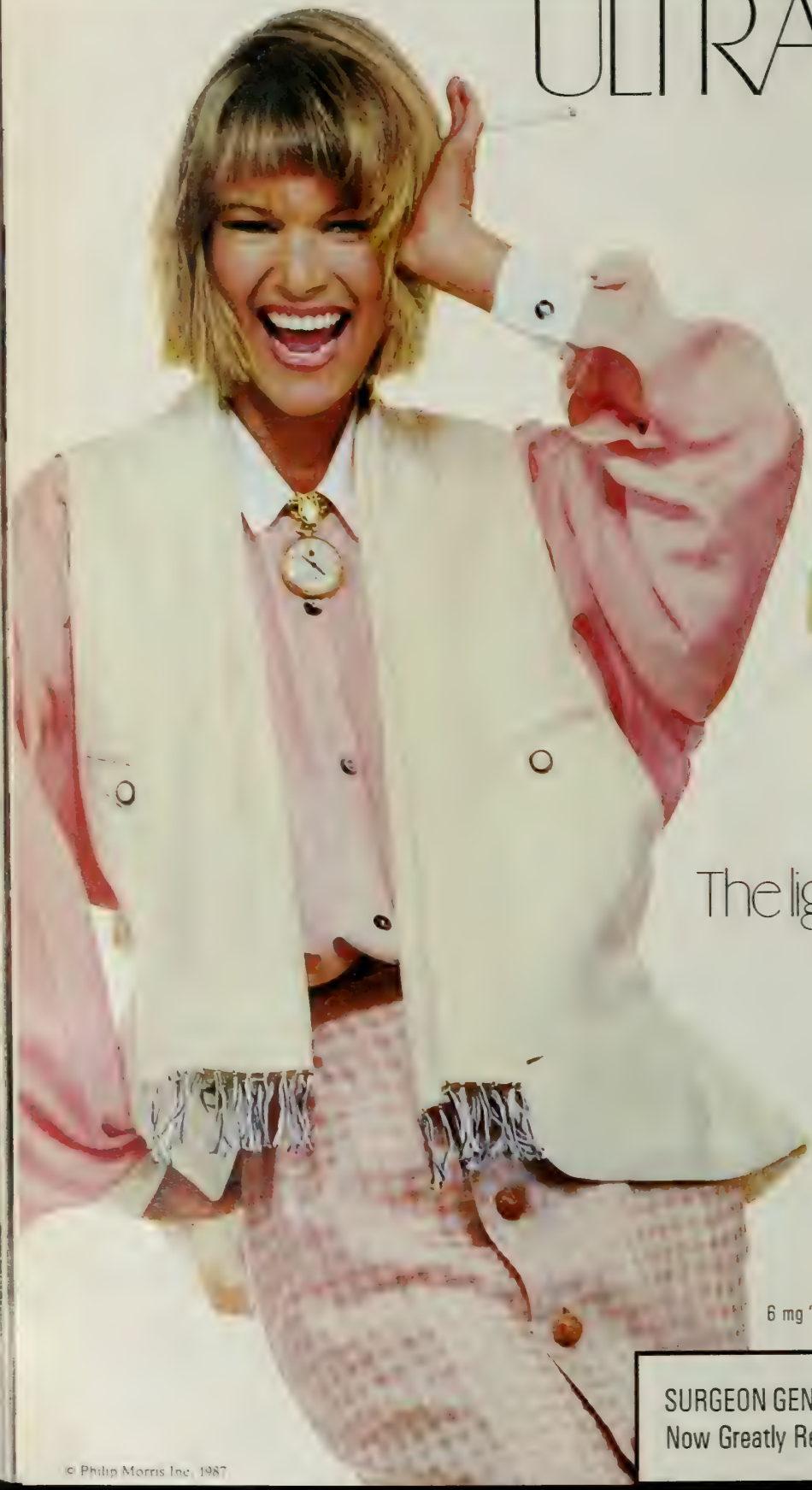
2 eggs, slightly beaten
1 can (16 oz.) Libby's® Solid Pack Pumpkin
¾ cup sugar
½ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cloves
1½ cups (12 oz. can) undiluted Carnation® Evaporated Milk
1 9-inch unbaked homemade pie shell with high fluted edge

Preheat oven to 425°. Mix filling ingredients in order given. Pour into pie shell. Bake 15 minutes. Reduce heat to 350°; continue baking 45 minutes or until knife inserted near center comes out clean. Cool completely. Garnish, if desired, with whipped topping. Makes one 9-inch pie.



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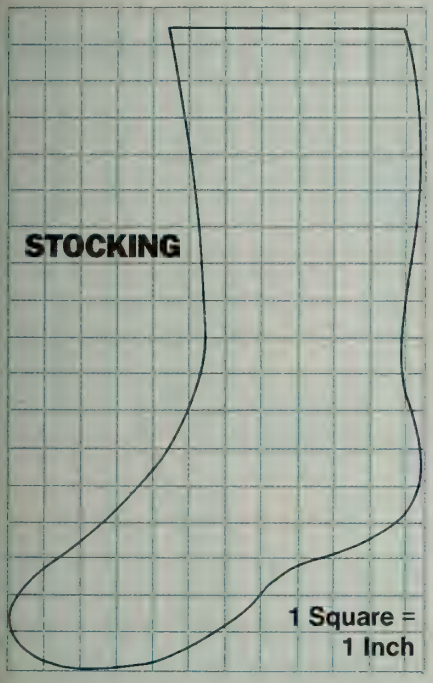
continued from page 48

Instructions: *Note:* Striped fabric may be substituted for serape. Enlarge pattern (*below*) to scale. Place pattern onto desired section of serape or fabric and trace with marker. Cut 18×22-in. rectangles of muslin and batting; baste together. Trim serape to same size; baste wrong side of serape to batting.

Machine-quilt between stripes of serape and along any other designs, stitching through all thicknesses. Trim excess fabric, allowing seam allowances to remain.

Trace quilted stocking shape onto remaining fabric. Right sides together, stitch along edges, leaving top edge open. Finish edges; turn to right side.

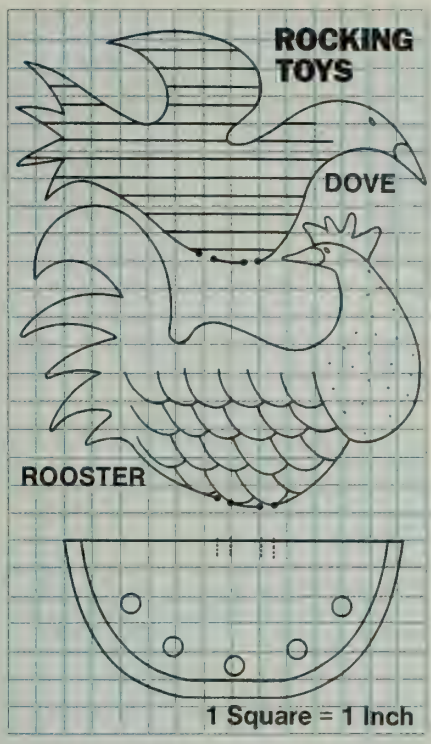
Cut cuff to fit upper edge from fringed edge of serape. See photograph on *page 38* for detail. Sew short ends of cuff together to form circular shape. Pin right side of cuff to wrong side of stocking with raw edges aligned. Sew along stitching line; finish edges. Turn cuff to right side.



Southwestern Doll Cupboard, page 38
To order furniture project plan, see page 178.

Southwestern Doll Chair, page 38
To order furniture project plan, see page 178.

Folk Art Rocking Toys, page 47
To order full-size rocking toy pattern, see page 178.
Materials: 15-in.-long 1×10 (dove); 15-in.-long 1×12 (rooster); 13-in.-long 2×8 for base; ⅜-in. dowels for legs; wood glue; semigloss latex or acrylic paint in desired colors.



Instructions: Enlarge patterns (*above*) to scale; transfer to wood. Cut out birds and base; sand edges lightly. Drill holes for legs on birds and base as marked on pattern. Drill ¾-in. holes through base as indicated on pattern.

Cut dowel into two 3-in.-long pieces for each bird. Paint as desired, using pattern and photographs on *page 47* for detail. Insert legs into birds; glue in place. Glue legs into base.

Painted Bead Necklaces, page 38
Materials: ⅝-in.-diameter strands of wooden beads (available at crafts and florist supply stores); chrome paint (available at auto supply stores); light and dark turquoise paint; sponge.
Instructions: Separate beads into 32–40-in. strands; tie ends securely.

For silver beads, spray-paint with chrome paint.

For turquoise beads, paint with dark turquoise paint; allow to dry. Sponge with light turquoise paint.

Bird Ornaments, page 38
To order full-size bird pattern, see page 178.
Materials: ⅛ yd. fabric; scrap cotton quilt batting; polyester fiberfill; water-erasable marker; thread.
Instructions: *Note:* All pattern pieces include ¼-in. seam allowance. Enlarge pattern on *page 53* to scale; cut all pieces from fabric. Mark all dots and dotted lines on right sides of fabric with water-erasable marker.

Sew bodies together along head and back between dots, right sides together. Clip curves; turn right side out.

continued on page 53



Pumpkin Cookie Bars Homemade with Love

1 cup flour
½ cup quick oats
½ cup firmly packed brown sugar
¼ cup chopped nuts
1¾ teaspoons cinnamon
½ cup melted butter
1 cup Libby's® Solid Pack Pumpkin
¾ cup undiluted Carnation® Evaporated Milk
1 slightly beaten egg
⅓ cup sugar
½ teaspoon allspice
¼ teaspoon salt

Combine flour, oats, brown sugar, nuts, and 1 teaspoon cinnamon. Add butter; mix until crumbly. Press into bottom of 13 x 9 x 2-inch baking dish. Bake in moderate oven (350° F.) 20 to 25 minutes. Remove from oven. Reduce oven temperature to 325° F. Combine remaining ingredients. Pour over crust. Bake in slow oven (325° F.) 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool completely.

Cream Cheese Topping: Beat together until fluffy one 8-ounce package of softened cream cheese and ¼ cup orange marmalade. Spread over cooled bars. Garnish with crushed granola, chopped nuts or orange peel. Cut into 32 bars and serve.



Last year, Martha Stewart had 42,569 people to dinner.



Martha Stewart plans more parties in a month than most people plan in a lifetime. She's entertained everyone from next door neighbors to royalty.

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She's written several best-selling books, including *Weddings* and *Entertaining*. She's a contributing Food and Entertainment Editor for *House Beautiful*. She writes a nationally syndicated column on entertaining. And she's just produced a series of home videos titled "Martha Stewart's Secrets for Entertaining."

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She's helping to fill Kmart's Kitchen Korner with everything you'll need for your kitchen (from whisks and napkin holders to serving dishes and coffeemakers).

Stop by Kmart soon, and discover Martha Stewart's entertaining ideas and recipes. We think you'll like them. After all, she's already tried them out on thousands of people.

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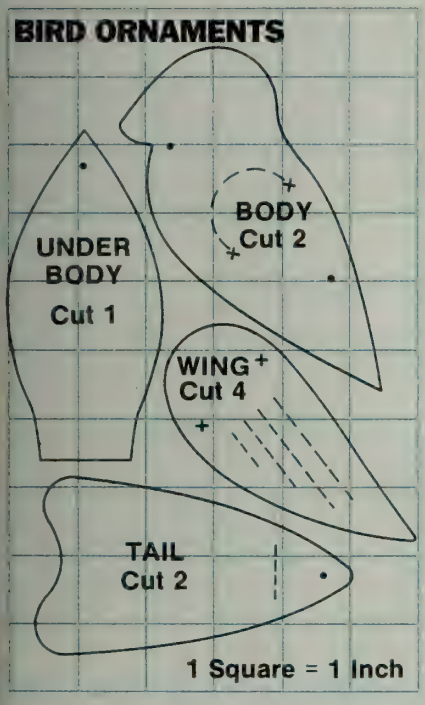
continued from page 51

Sew underbody to body, matching dot and leaving tail end open. Clip curves and turn to right side. Turn raw edges under along seam allowance; baste in place. Stuff bird firmly with polyester fiberfill.

Cut quilt batting to fit 1 tail section and 2 wings. Baste batting to wrong side of 1 tail section. Right sides together, sew tail sections together, leaving opening for turning. Clip curves; turn right sides out. Slip-stitch opening closed; lightly press tail. Topstitch ¼ in. from outer edges of tail.

Insert tail into opening of body. *Note:* Top of opening should align with topstitching; bottom of opening should align with dotted line on tail. Slip-stitch securely in place.

Baste quilt batting to wrong side of 1 wing. Right sides together, sew 2 wings together, leaving opening for turning. Clip curves; turn right sides out. Slip-stitch opening closed; press lightly. Topstitch along dotted lines. Repeat for remaining wing. Pin wings to body, matching Xs. Slip-stitch in place along dotted line, allowing remainder of wing to be free.



Felt Angel Dolls, page 39
To order full-size doll patterns, see page 178.

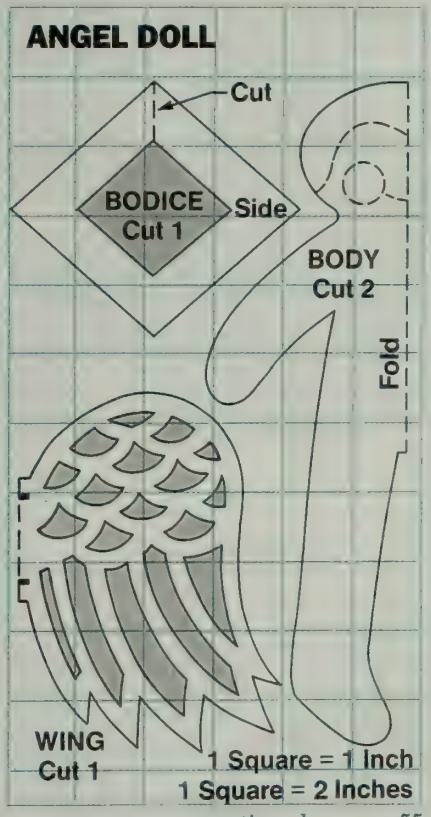
Materials: *Note:* Yardage requirements for large doll are in parentheses. Large doll does not have wings. Synthetic felt in the following colors: 2 squares (¾ yd.) tan, 1 square (½ yd.) any color for dress, scrap red for cheeks; 12×12-in. scrap (¾ yd.) lightweight fusible interfacing; 10 yd. 1/16-in.-wide (20 yd. ⅛-in.-wide) black satin ribbon for hair; 1½ yd. ¼-in.-wide (¼ yd. ½-in.-wide) satin ribbon to match dress; 2 beads or buttons for eyes; 6-strand embroidery floss in the following colors: scrap black, scrap red, 3 skeins white; scrap eyelet lace for bodice; 14-ct. waste canvas in dimensions of skirt; pinking shears; leather needle; cardboard; crafts glue; polyester fiberfill; water-erasable marker; 8×10-in. piece medium-weight paper for wings; crafts knife.

Instructions: Finished size approximately 10 in. (20 in.) Press interfacing to back of tan felt. Enlarge pattern (*below*) to scale and transfer head, body, and face markings to half of felt; transfer back markings to remaining felt. Stem-stitch mouth using 6 strands black floss. Cut 2 cheeks from red and glue in place; hand-appliqué using 6 strands red floss. Sew eyes in place.

Hair: Using 24-in. lengths of narrow black ribbon and leather needle, embroider hair using satin stitches. *Note:* Make sure ribbon does not twist and that stitches are close enough to cover felt. Embroider both back and front of head, but not ponytails.

Body: Pin front to back with wrong sides together. Machine-stitch around outer edge of body, stitching just outside ribbon work. Cut with pinking shears, making sure not to cut ribbon. Clip corners with regular scissors.

Slit body back approximately 2 in.; firmly stuff doll through opening. Slip-stitch opening closed.



continued on page 55



Cranberry Pumpkin Bread Homemade with Love

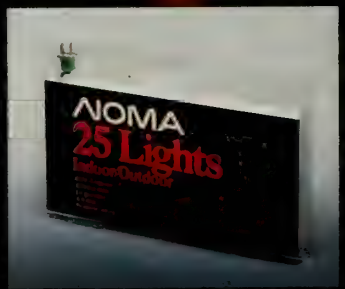
2 slightly beaten eggs
2 cups sugar
½ cup oil
1 cup Libby's® Solid Pack Pumpkin
2¼ cups flour
1 tablespoon pumpkin pie spice
1 teaspoon baking soda
½ teaspoon salt
1 cup chopped cranberries

Combine eggs, sugar, oil, and pumpkin; mix well. Combine flour, pie spice, soda, and salt in large bowl; make well in center. Pour pumpkin mixture into well; stir just until dry ingredients are moistened. Stir in cranberries. Spoon batter into 2 greased and floured 8 x 3¾ x 2½-inch aluminum loaf pans. Bake in moderate oven (350° F.) 1 hour or until toothpick inserted in center comes out clean. Makes 2 loaves.



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And this Christmas, we've assembled the widest selection in our history. Beautiful bubble lights on silvery stems. Elegant icicles & exquisite snowflakes. Flickering candles glowing with holiday warmth. Star-Bright tree toppers. And of course, standard string sets for indoors and out in an array of colors, shapes, and sizes.

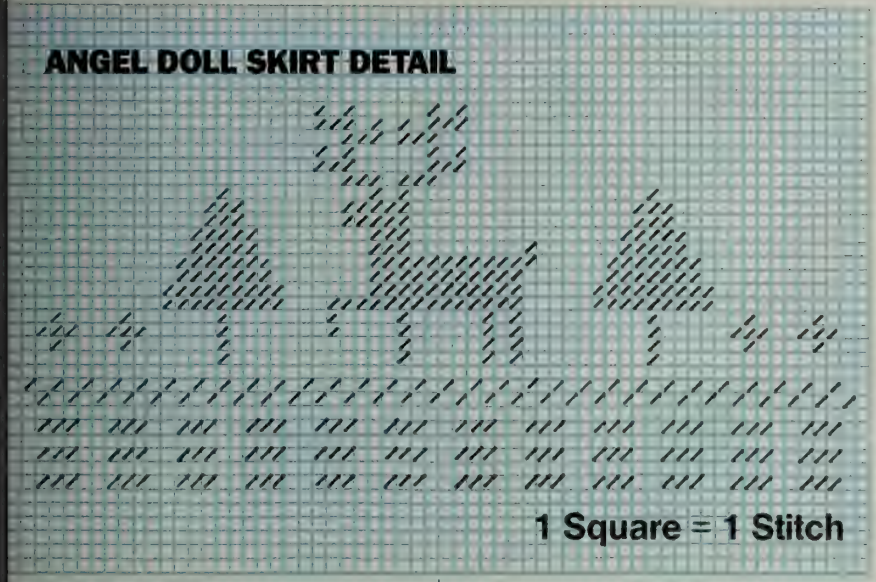
As always, each piece in the NOMA collection is constructed of only the very finest materials. UL Listed for safety. And carefully finished with the same care & pride that have been NOMA hallmarks for more than three generations.

Look for NOMA lighting products wherever quality Christmas lighting is sold. And you won't have to worry about finding the perfect tree. Because NOMA makes every tree perfect. Merry Christmas.

NOMA®

Brightening Christmas Since 1924

continued from page 53



Secure double-strand thread at waist with single stitch. Wrap thread around waist tightly to create smaller waist.

Dress: Cut 4¼ × 10-in. (8½ × 20-in.) pieces felt and waste canvas. Baste waste canvas to felt. Work skirt design in half-cross stitches using 6 strands floss. *Note:* For large doll, stitch over 2 threads canvas. Remove canvas according to manufacturer's directions. Blanket-stitch hem and back edges.

Sew eight ¼-in. (½-in.) tucks at waist to fit skirt. Sew skirt to doll, overlapping in back.

Enlarge bodice pattern on *page 53* to scale and cut bodice from felt. Blanket-stitch all edges. Glue eyelet in place at neckline, then glue bodice in place. See photograph on *page 39* for details.

Ponytails: Wrap narrow black ribbon around 1-in.-wide (2-in.-wide) piece cardboard 10 times; sew into bundle at base. Repeat for second ponytail. Sew or glue into place. Tie colored ribbon in single knot; trim ends. Glue ribbon under ponytails.

Wings: Enlarge wing pattern on *page 53* to scale and transfer to paper. Cut out wings with crafts knife; cut out shaded sections. Thread 32-in. colored ribbon through slots and tie in place. Tie wings to back of angel.

Tin and Wood Wreath, page 40

Materials: 19-in. circle of ¾-in. plywood; sheet aluminum (available at crafts supply stores); small nails or tacks; upholstery tacks; tin snips; hammer; black paint; felt marker.

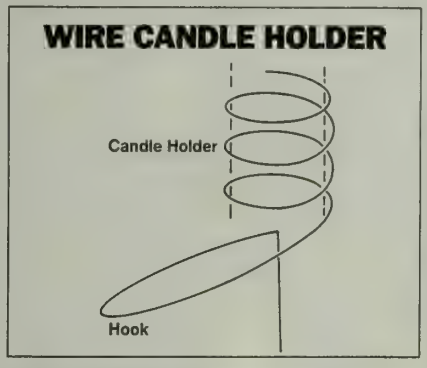
Instructions: Slightly scallop outer edges of plywood circle. See photograph on *page 40* for detail. Cut 5-in. circle from center to form wreath. Sand all edges lightly.

Referring to photograph on *page 40*, draw 3½-in.-long leaf on heavy paper. Trace pattern onto metal to make approximately 50 leaves; cut out.

Arrange leaves onto plywood circle, overlapping tips to create wreath. Tack tips of leaves into place.

Border inner and outer edges of wooden wreath with upholstery tacks.

To finish, coat entire surface with black paint, wiping with rag before dry.



Wire Candle Holders, page 40

Materials: 24-in. lengths 3/32-in.-diameter wire; 2-in.-diameter wooden beads; 6-in. length ¾-in.-diameter wooden dowel; wire cutters; silver spray paint; clear plastic pushpins for hanging.

Instructions: Wrap wire around dowel 3 or 4 times to shape candle cup. To form hanging loop, extend wire on last wrap as shown in diagram (*above*).

Drill hole through each wooden bead to fit wire snugly. Paint beads with silver paint; let dry thoroughly.

Clip wires to differing desired lengths. Insert wire through beads and position beads as desired.

Attach candle to window or ledge by placing plastic pushpin through loop to hold wire securely in place. Place candle in cup and adjust lower wire and beads as necessary. *Note:* Do not leave lighted candles unattended.

continued on page 58



PECAN PUMPKIN PIE
HOMEMADE WITH LOVE

3 eggs
1 cup Libby's® Solid Pack Pumpkin
⅓ cup sugar
1 teaspoon pumpkin pie spice
⅔ cup corn syrup
½ cup sugar
3 tablespoons melted butter
½ teaspoon vanilla
1 cup pecan halves
1 unbaked 9-inch pastry shell

Stir together 1 slightly beaten egg, pumpkin, ⅓ cup sugar, and pie spice. Spread over bottom of pie shell. Combine 2 beaten eggs, corn syrup, ½ cup sugar, butter, and vanilla. Stir in nuts. Spoon over pumpkin mixture. Bake in moderate oven (350° F.) 50 minutes or until filling is set. Makes one 9-inch pie.




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CONSTRUX VS. LEGO: THE BIG DIFFERENCE.

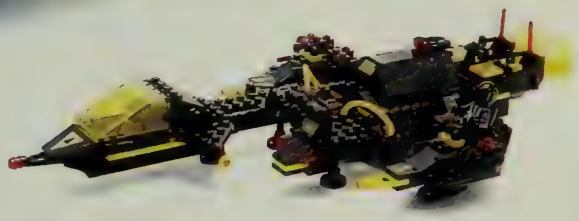
When you compare Construx to Lego,® it's easy to see who's larger. The big surprise? Both sets on this page are built with about the same number of pieces (Construx with 300, Lego with 302).

SIZE ISN'T THE ONLY BIG FEATURE.

Another is our unique snap-on, twist-off design. It makes building (and taking apart) easy. Better yet, what's been put together stays together. So kids can *really* play with what they've built.



Construx
Battlestrike
(300 pieces)



Lego
Blacktron™ Renegade
(302 pieces)

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continued from page 55

Soft-Sculpture Nativity, page 41

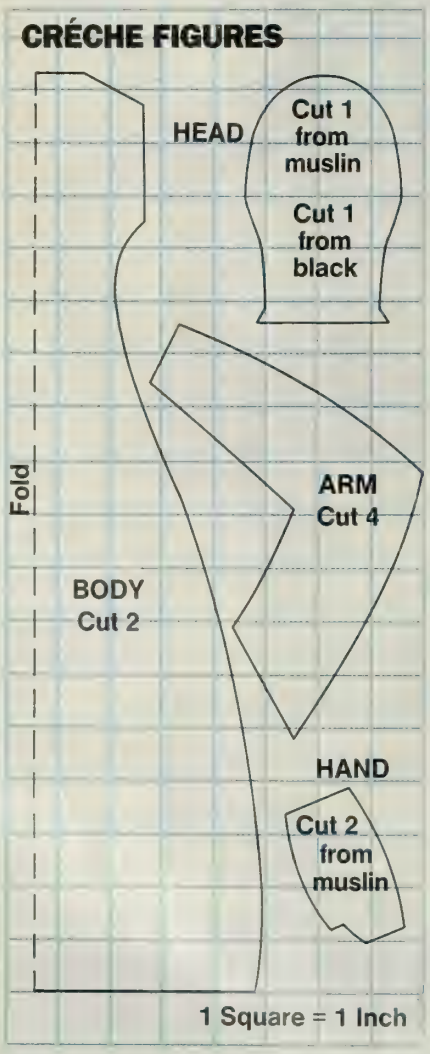
Materials: ½ yd. fabric for each adult doll; ⅛ yd. muslin; ⅛ yd. black fabric; 6×36-in. remnant for each shawl; 8×36-in. remnant linen for baby; 1¾-in.-diameter wooden bead for baby; polyester fiberfill; sand or beans; 2 plastic sandwich bags; thread; florist's wire; cardboard; scrap fusible webbing; desired beads; twine.

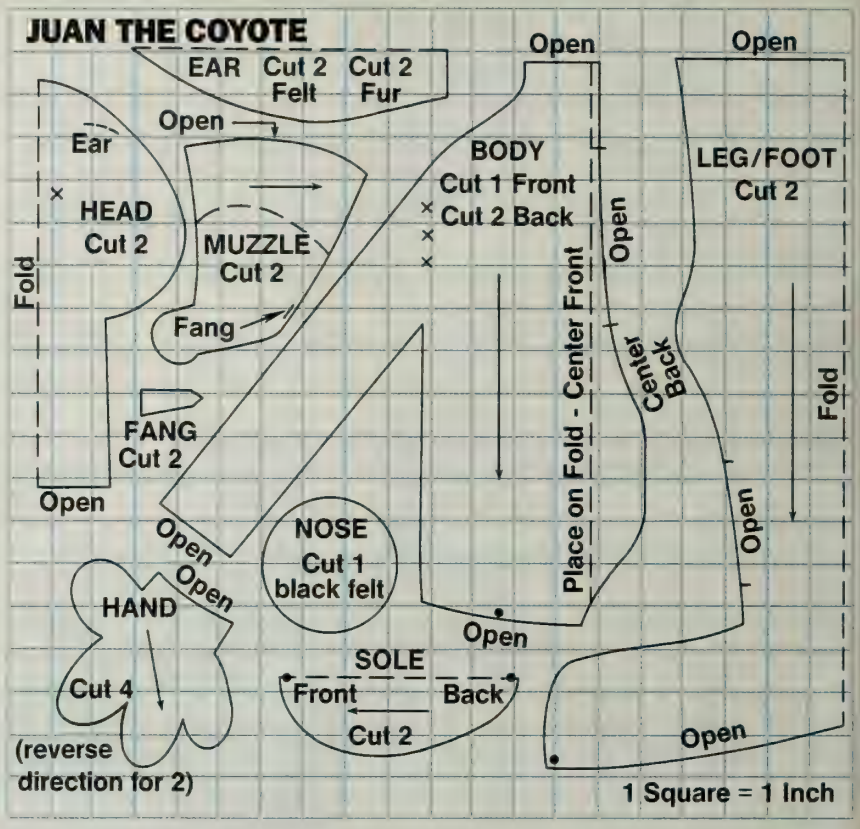
Instructions: Enlarge pattern (*below*) to scale. Cut from appropriate fabrics.

For adult figures, sew hand to end of each arm, right sides together; press. Sew arms to body front at shoulders; press. Sew muslin head to neckline of body front; press. Repeat for back of doll, substituting black fabric head for muslin head.

Sew body front to body back, leaving bottom open. Clip curves; turn to right side. Stuff firmly with fiberfill. Embed small bag of sand or beans in base of doll for weight.

Cut 5-in. circle from cardboard for base; cut 6-in. circle from fabric. Fuse wrong side of the fabric to cardboard following manufacturer's directions. Sew long running stitches around seam allowance; pull ends to gather fabric tightly around cardboard. Tie ends securely. Slip-stitch base to bottom of doll, easing as necessary.





Fray all ends of shawl fabric; drape around doll using pins or twine to hold securely in place.

String beads on wire and insert into head of doll to form halo. *Note:* Halos will differ according to available beads. See photograph on *page 41* for ideas.

For baby, wrap bead in center of 5×25-in. strip of muslin; secure with wire. Fold muslin "tail" several times to form body.

Fray all ends of linen. Fold lengthwise tuck in linen. Tie linen in overhand knot, leaving loop in end for bead. Place muslin-covered bead in loop of knot; tuck body into knot. Tuck ends of linen into knot. String beads onto wire and loop into halo, leaving long ends. Place halo on head; tuck wire ends behind head and secure with tape. Pin or stitch baby into place.

Birds in Maize Table Runner, page 44

To order full-size table runner pattern, see page 178.

Materials: 2¾ yd. 54-in.-wide linen; 1 yd. green fabric; scraps 6 print and solid fabrics in related colors for birds; thread to match fabrics; 2 yd. Wonder-Under Transfer Web; scraps black and gold 3-ply Persian tapestry yarn for embroidery details.

Instructions: *Note:* Size of table runner may be altered to fit your table by using desired length of fabric and enlarging design to fit that length and width.

Finished size approximately 26×95.

Cut linen to proper size; hem all edges with ¼-in. rolled hem. Press table runner and set aside.

Enlarge pattern on *page 66,* flopping design to complete. Transfer 2 cornstalks and 12 birds to paper side of Wonder-Under Transfer Web. Fuse cornstalks to green fabric and 2 birds to each colored scrap according to manufacturer's directions.

Cut out cornstalks and birds and arrange on linen. Refer to photograph on *page 44* for detail. Adhere designs to linen according to manufacturer's directions. Machine-zigzag around all shapes, making sure to stitch line between cornstalk and leaves. See photograph on *page 44* for detail.

Using chain stitch, embroider corn tassels with gold yarn. Outline-stitch bird feet with black yarn.

Juan the Coyote, page 42

To order full-size coyote pattern, see page 178.

Materials: 1 yd. gray fur fabric; 1 square gray felt; white and black felt scraps; 2 purchased 21-mm animal eyes; carpet thread; polyester fiberfill; 1 serape or 13×28-in. piece strip fabric; 1 pkg. prefolded bias tape.

continued on page 59

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SOUTHWEST STYLE

continued from page 58

Instructions: Enlarge pattern on *page 58* to scale; cut out all pieces from appropriate fabric.

Head: Right sides together, sew front and back head pieces together, leaving open at neck edge. Turn right side out. Insert eyes securely at markings. Stuff head firmly.

Right sides together, sew muzzle pieces together, leaving curved edge open. Clip curves; turn right side out. Stuff firmly.

Clip fur to short length from dotted line to end of nose. See photograph on *page 42* for detail.

Gather outer edge of black felt nose. Place over nose on muzzle and pull gathering threads to fit tightly. Sew felt nose to muzzle around gathered edge.

Pin muzzle to head front along dotted line; sew muzzle to head by hand with carpet thread.

Sew felt ear to fur ear, right sides together, leaving bottom edge open. Repeat for other ear. Turn right side out. Fold bottom edge in half, bringing corners together; secure with hand stitching. Sew ears to head by hand with carpet thread.

Turn under straight edge of fangs; sew to underneath side of muzzle.

Body: Sew center backs together from neckline to X. Sew front to back, leaving open for stuffing where indicated on pattern.

Fold leg in half along fold line, right sides together. Sew along front of leg and foot, leaving open where indicated. Repeat for other leg.

Clip fur to short length on soles. Sew sole to foot, right sides together. Repeat for other foot.

Turn legs right side out. Sew top of legs to leg edge of body, matching front seam of leg to dot on body.

Turn body right side out through center back opening. Stuff feet through leg opening; slip-stitch closed. Stuff remaining leg through body opening.

Sew front and back hands together. Clip curves; turn right side out and stuff. Add stuffing to lower portion of arm. Pin hands to arms, thumbs facing out. Sew with carpet thread. Continue stuffing arm. Clip fur on palm.

Finish stuffing body through back opening; slip-stitch closed. Add additional stuffing through neck opening.

continued on page 62

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continued from page 59

Take a few hand stitches in upper arms at markings to bend forward.

Brush fur out of all seams.

Pin head over neck opening and stitch to body with carpet thread. Add additional stuffing to head and neck before sewing closed.

Serape: Cut two 14½×13-in. sections from serape, leaving fringe at one end of 13-in. side. Bind edges opposite fringe with bias tape. Sew 4-in. shoulder seams from each outer edge, leaving 5-in. neck opening. Cut 5½-in. neckline slit along center front of serape. See photograph on *page 42* for detail. Bind with bias tape. Turn under seam allowances of neckline; topstitch in place. Reinforce corners with tight zigzag stitches. Bind outer edges with bias tape.

Denim Rug, page 42

Materials: 10–15 pairs worn cotton jeans with flat-fell outer leg seams and original hems; dressmaker's tissue paper or clear plastic for pattern; thread; water-erasable marker; ruler.

Instructions: Cut legs from jeans and open along inner leg seam; press flat.

Cut pattern pieces from tissue paper or plastic as described below. *Note:* All pattern pieces include ¼-in. seam allowances where needed.

For center pieces, cut 8½×8½-in. square. Mark points 1½ in. from one edge and 2¼ in. from opposite edge; connect points with diagonal straight line. *Note:* Line indicates placement of flat-fell seam.

For border pieces, cut 6¼×8½-in. rectangle. Mark centers of long edges and connect with straight line. This is where the flat-fell seam will go. Mark one long edge with dotted lines ½ in. from outer edge. *Note:* Dotted line indicates placement of hemmed edge.

For corner pieces, cut 6⅛×6⅛-in. square. Mark one edge with dotted line ½ in. from outer edge. *Note:* Dotted line indicates placement of hemmed edge. Mark one adjoining side with solid line ½ in. from outer edge. *Note:* Solid line indicates placement of flat-fell seam.

Mark and cut the following pieces, being sure to line up hems and flat-fell seams as indicated on pattern pieces: 20 center pieces; 18 border pieces; 4 corner pieces. *Note:* Two border pieces will need to be flopped.

Sew center blocks into 4 strips of 5 blocks each; press. *Note:* All flat-fell seams should lie in same direction. See photograph on *page 42* for detail. Sew denim strips together to complete rug center; press all seams.

Trim excess from underneath flat-fell seam of corner pieces. Set aside.

Sew short ends of 5 border pieces together, aligning hems to form outer edge; press. Repeat with 5 more pieces. Attach strips to long edges of center block with raw edges matching and jean hem forming outer border of rug; press all seams.

Sew short edges of 4 border pieces together; press. Repeat with remaining 4 border pieces. Sew corner block to each end of these 2 strips, aligning hemmed edges and flat-fell seams with outer borders of strips to form corners; press. Attach border strips to remaining 2 edges; press.

Toy Drum Ornaments, page 42

Materials: Large-size tuna cans or water chestnut cans; red self-adhesive vinyl; chamois; string; crafts knife; large needle; red and black stencil paint; stencil brushes; plastic for stencils.

Instructions: Empty cans and remove both ends. Wash cans and remove labels. Cut strips of self-adhesive vinyl to fit sides of can and adhere.

Cut 2 chamois circles approximately ¾ in. larger than top of can. Draw 1½ in. circle onto paper. Divide circle with zigzag line; cut stencil for each half circle. Stencil design in center of chamois. See photograph on *page 42* for detail.

With pencil, mark odd number of equidistant spots around chamois ¼ in.

continued on page 6

Spencer's
BABY AND CHILDREN'S WEAR



Oooh, look at Mrs. Michaels. Doesn't she look just like a fairy princess? And all the men are penguins. When are we going to be old enough for parties? Let's just show up in our Spencer's Tiny Treasures.

Trevira® polyester/cotton

Photographed by Steven Svensson

Good Housekeeping

TREVIRA®



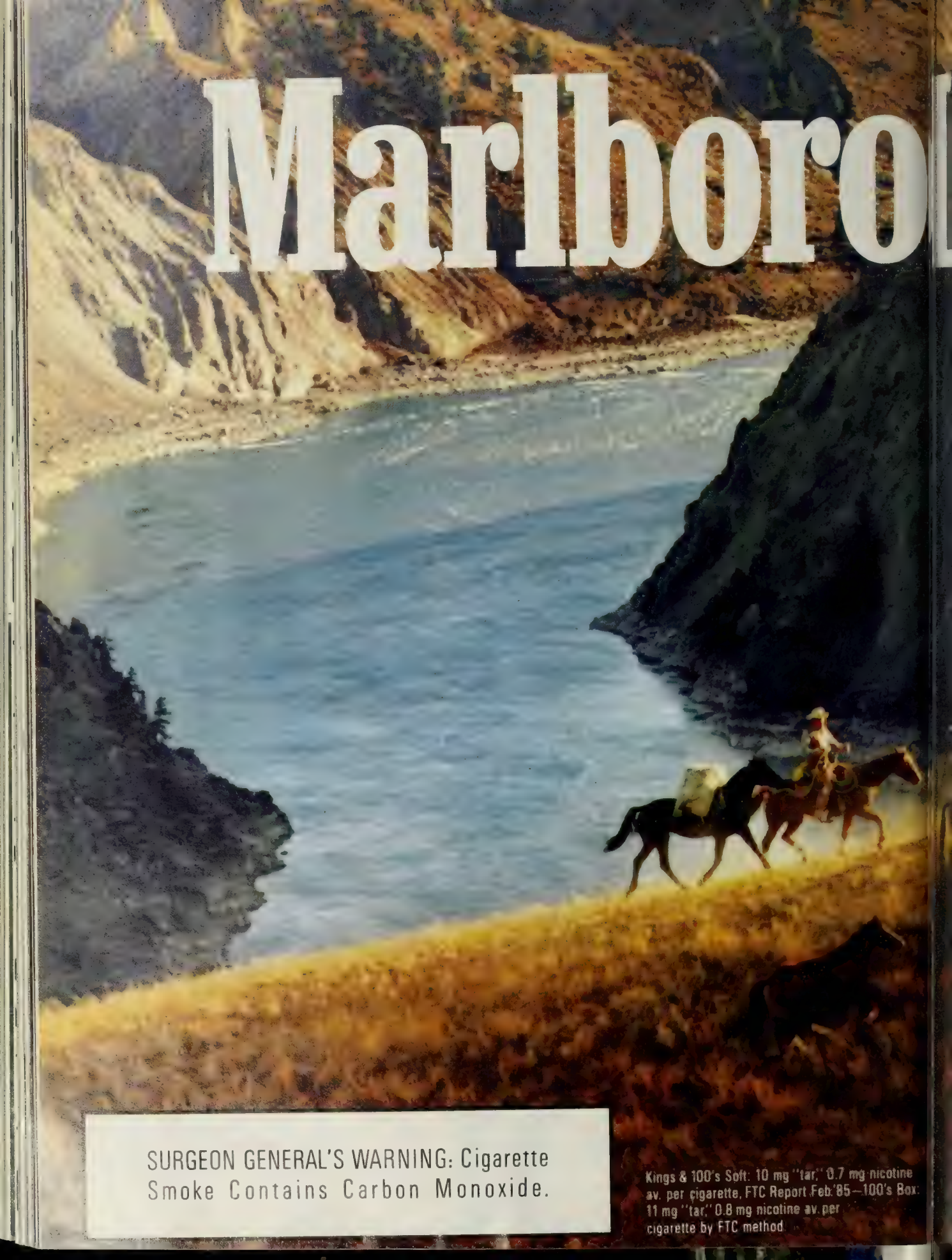
State of Florida, Department of Citrus, 1987

STIMULATING

The crisp smack of
a wave; a shower of icy
freshness; the taste of 100% pure
Florida Grapefruit Juice.

FLORIDA
GRAPEFRUIT GROWERS

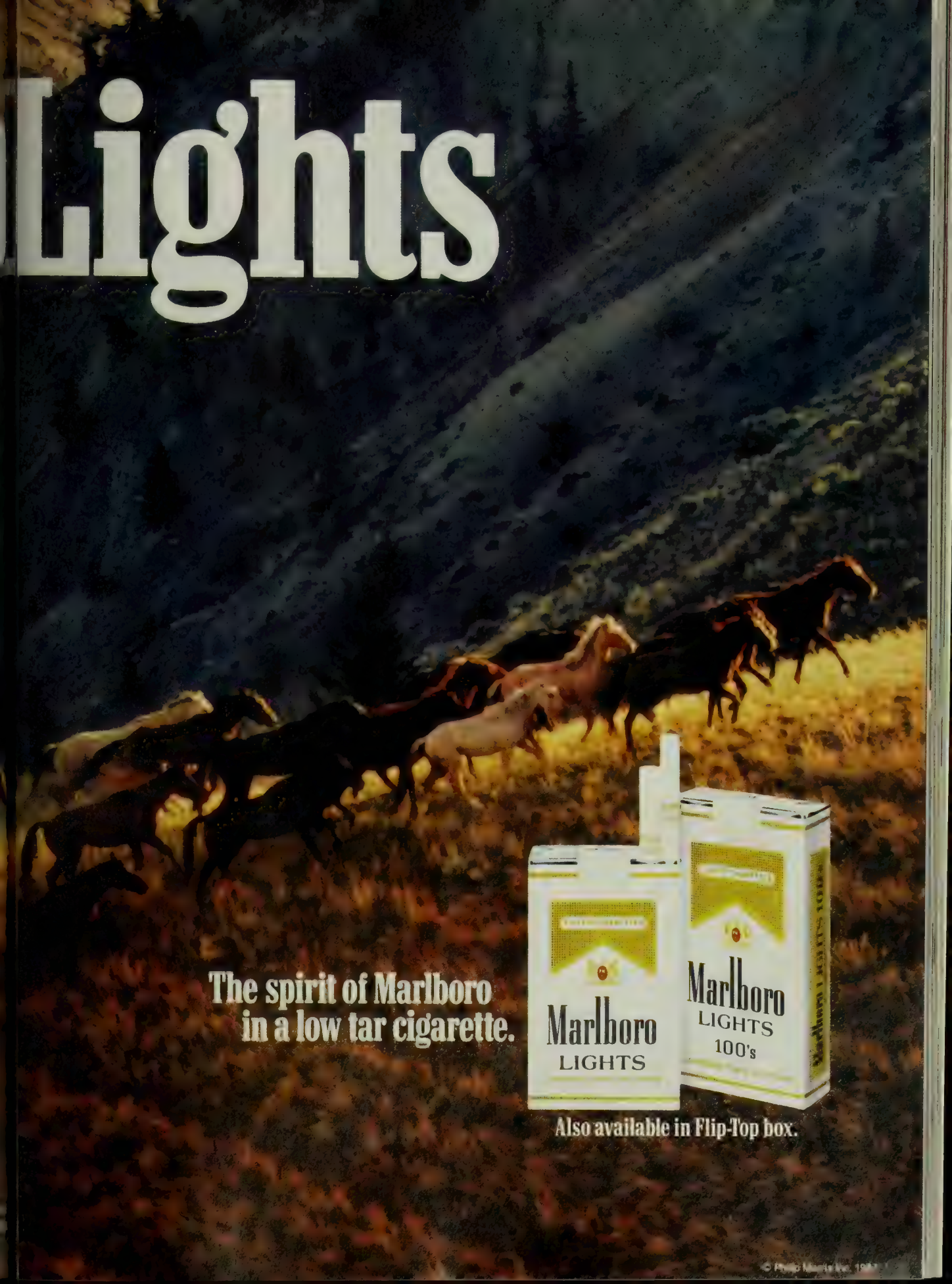
100% PURE FLORIDA GRAPEFRUIT JUICE



SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.

Kings & 100's Soft: 10 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Feb.'85—100's Box: 11 mg "tar," 0.8 mg nicotine av. per cigarette by FTC method

Lights


The spirit of Marlboro
in a low tar cigarette.
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Also available in Flip-Top box.



Removing layers of paint from wood is difficult. Removing the paint *without harming the wood* may be one of the world's *toughest* tasks.

Homer Formby has the solution: Formby's® Wood Formula Paint Remover.

Independent tests show Formby's Wood Formula Paint Remover is better at removing layers of paint than the most commonly used brands. And it won't raise wood grain or discolor the wood.

Formby's Wood Formula Paint Remover is the one to use on wood.

Homer has done it again.

FORMBY'S
WOOD FORMULA
PAINT REMOVER

SOUTHWEST STYLE

continued from page 62

from outer edge of chamois circles. Pierce chamois with knife at dots.

Place circles on top and bottom of can. Thread string through 1 hole in top chamois and knot. Thread through bottom hole. Continue lacing around can, threading through *every other hole*, until you reach the beginning knot. Repeat process by lacing into remaining holes; tie off after all holes are laced.

Tie 8-in. string to lacings of drum for hanging from tree.

For larger toy drum, substitute heavy cardboard tubing for tin cans; use southwestern flower stencil (*right*). Make as described above, using leather boot laces instead of string and spacing holes 1 in. apart. *Note:* Holes can be made with paper punch.

Stenciled Vest, page 46

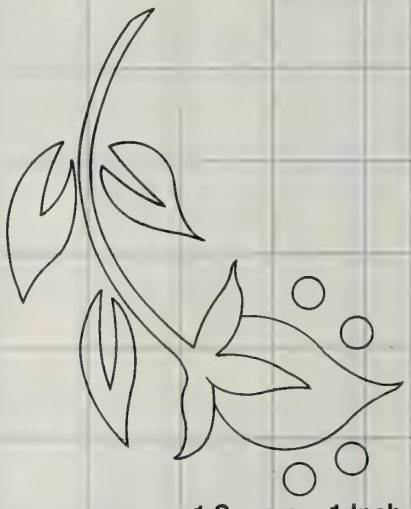
To order vest kit, see page 178.

Materials: Purchased leather vest or vest kit; Country Colors acrylic paints in the following colors: Nevada Turquoise, Tumbleweed, Bluebonnet; stencil plastic; stencil brushes; crafts knife; masking tape.

Instructions: Enlarge pattern for Southwestern Flower (*right*) to scale. Cut stencils from plastic. Determine number and placement of flowers and mark with tape. See photograph on *page 46* for detail. Stencil stems in Tumbleweed, flower buds in Nevada Turquoise, and circles in Bluebonnet.

If using vest kit, assemble according to manufacturer's directions.

SOUTHWESTERN FLOWER STENCIL



1 Square = 1 Inch

Rag Ball Ornaments, page 42

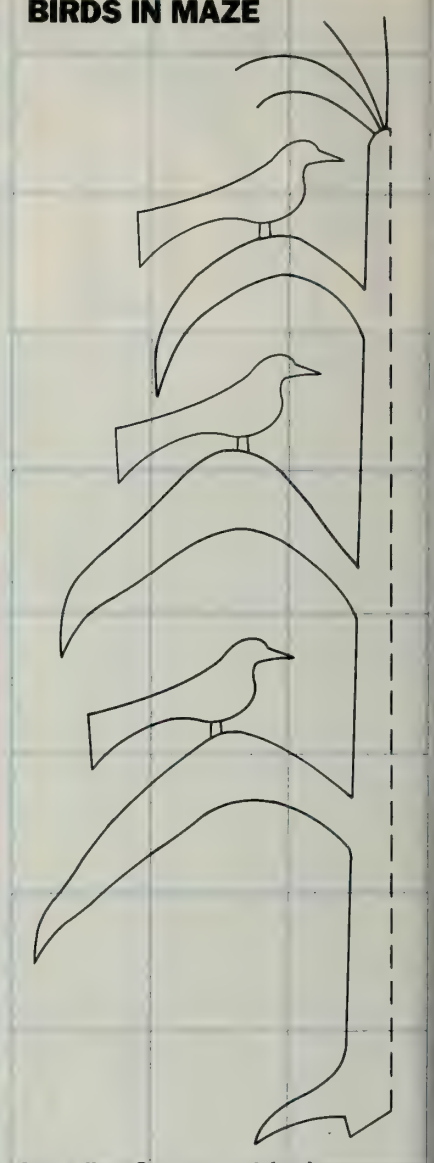
Materials: 3-in. plastic foam balls; large box straight pins; scissors; fabric and ribbon scraps in one color family.

Instructions: *Note:* For interest, try to include as much diversity as possible within each ball by using a variety of scraps in different textures and weights such as socks, sweaters, knits, lace, ribbon, novelty trim, clothing labels, netting, tulle, felt, string, twine, prints, plaids, and solids.

Cut fabrics into 1 in. squares and ribbons and strings into 1-in.-long pieces. *Note:* It will take about 1 shoe box full of snippets to make 1 ball. Fold each square in half diagonally, then in half again to form 4-layer triangle. Insert pin at folded point of triangle and stick into plastic foam ball. For long strips such as ribbon, insert pin at one end and pin into ball. Continue folding and pinning, placing each pin within ⅛ in. of the previous pin.

continued on page 71

BIRDS IN MAZE



Stencil: 1 Square = 1 Inch

Table runner: 1 Square = 4 Inches

Why wait a week to pick up on the latest dirt?

If you only vacuum once a week...

What you need
The vacuum for

No sooner do you finish your weekly vacuuming, when the dirt starts to pile up again – leaving you two options: let it keep accumulating until your vacuum needs a week. Or hassle with dragging out the dreaded vacuum







The Dustbuster® Power Brush tackles tough jobs, like lint and hair on your carpet and upholstery.

The Power Brush has a lot of things a big vacuum has. Except the bulk. And the cord.

It's built with 2 motors and a deep cleaning rotating brush, to tackle tough jobs, like lint and hair on your carpet and upholstery.

And the Power Brush is lightweight, compact and cordless, too, so it picks up in places a big vacuum can't. And fast.

So get a Power Brush and get that just cleaned look without big vacuum hassles.

s a Dustbuster.®
he other 6 days.

Well, Black & Decker offers
, not another option,
a solution, so
r house can
k like
just
ned –
n if you
vacuum
e a week.
Dustbuster®
dless vacs.





The Dustbuster XL™ cordless vac is perfect for quick room pickups.

There's a great way to get a handle on cleaning up an entire room between weekly vacuumings.

The Dustbuster XL,™ like all Dustbuster® vacs, is lightweight and easy to use. So it's great for getting into all those small or awkward places a big vac can't get to. And the XL has a handle, so it covers more ground, quickly, without making you bend. And because the handle retracts, it stores in very little space.

But best of all, the Dustbuster XL™ has high energy power cells, so you can clean up between weekly vacuumings. Fast.

BLACK&DECKER®
IDEAS AT WORK.™

Dustbuster® for the other 6 days.







The Dustbuster Plus™ takes care of small messes and spills.

Between weekly vacuumings, when you have small messes and spills, instead of hassling with a big vacuum, try a Dustbuster Plus™ cordless vac.

You'll appreciate how much power its high energy power cells give you to clean, practically every small mess or spill. And you'll delight in the convenience of its storing in its own recharging base.

But once you see how quickly your house can look clean between weekly vacuumings, you'll really be swept off your feet.

BLACK&DECKER®
IDEAS AT WORK.™

© 1987 Black & Decker



© 1987 ALPO PetFoods, Inc.

Refer to photograph on *page 46* for detail. Pour small amount Wedgwood Green onto pie tin; dab all over box in thin blotchy coat using cosmetic sponge. Working quickly, whisk and stipple surface with bristled brush.

Add small amount Colonial Blue to pie tin. Sponge on in a few areas to darken the green. Blend edges with bristled artist's brush.

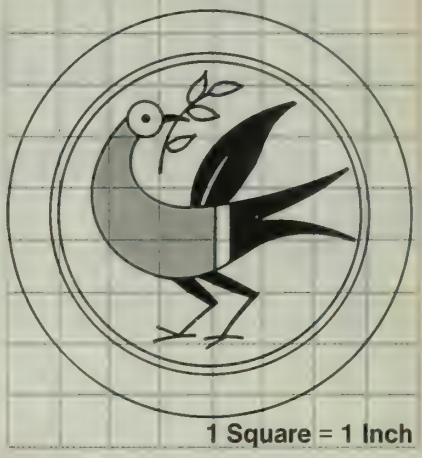
Sponge on a few light streaks of Walnut; blend with sponge or brush.

Sponge on Copen Blue in widely spaced large blotches and blend; darken blotches with Phthalo Blue.

Varnish with 6 coats gloss varnish.

Patchwork Pillows, page 46
Materials: Scrap fabrics in colors listed on color key (*left*); 1 yd. fabric for piping and backing; 2¼ yd. piping; ½ yd. muslin; ½ yd. thick quilt batting; polyester fiberfill; thread.

BIRD STITCHERY



1 Square = 1 Inch

Stencil all design areas in desired colors. See photograph on *page 47* for details. Heat-set paints with iron according to manufacturer's directions.

Chain-stitch corn tassels with gold embroidery floss; long-stitch bird legs with black embroidery floss. If desired, add texture and design to birds using various colors of embroidery floss and French knots and straight stitches.

Bird Stitchery, page 47
Materials: 10×10-in. piece linen; scraps brown and black yarn; needle; water-erasable marker or tracing paper.
Instructions: Finished size is approximately 6½ in. diameter.

Enlarge pattern (*above*) to scale; transfer to center of linen with water-erasible marker.

Using single strand of black yarn, outline-stitch entire design except wings, tail, beak, eye, and upper legs. Using single strand of brown yarn, fill in body with chain stitches. Satin-stitch remainder of design with black yarn. Lightly press and block stitchery. Frame as desired.

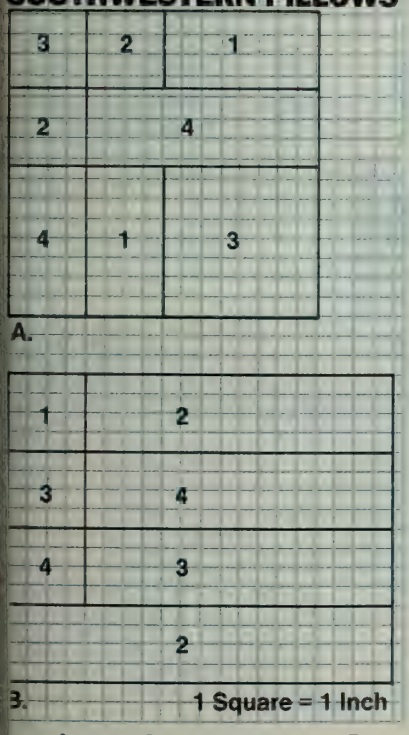
SOUTHWEST STYLE

continued from page 66

Marbleized Wooden Box, page 46
Materials: Purchased wooden box; Delta Ceramcoat acrylic paints: White, Wedgwood Green, Colonial Blue, Walnut, Copen Blue, Phthalo Blue; water-based gloss varnish; 1-in.-wide foam brush; cosmetic sponge; soft-bristled brush; disposable pie tin.
Instructions: Paint entire box, including hinges, white; set aside to dry.



SOUTHWESTERN PILLOWS



A. Coral / Rust / Teal
B. Sand / Teal
A. Sand / Sage
B. Purple / Peach

Instructions: Enlarge piecing diagram (*left*) to scale. Cut patchwork pieces according to diagram and color key, adding ¼-in. seam allowances to all pieces. Assemble pieces according to color, referring to diagram.

Cut muslin and batting to fit pillow front. Baste batting to muslin; pin wrong side of pillow top to batting. Machine- quilt ¼ in. inside all stitching lines, going through all thicknesses.

Cut backing from remaining fabric. Assemble pillow as desired.

Birds in Maize Stencil, page 47
To order precut stencil, see page 178.
Materials: Stencil paints and brushes; 14×14-in. piece tightly woven muslin; clear plastic for stencil; crafts knife; gold and black embroidery floss.
Instructions: Enlarge pattern on *page 66* to proper scale. Lay plastic on pattern and cut corn and bird stencils.



Season's Treatings from ALPO®

It's sizzling!
Just wind up
the skillet and
hear it cook.

Imagine a sink
you can fill!

Everything you need
for cooking up fun!
Our new Kitchen has
a fold-down table,
a toaster, a refrigerator,
an oven and a phone
all your own!

M-m-m alphabet soup!
A shake of the
magic boiling pot
makes it look
like you're cooking.

And good news for Mom! Wheels that let you wheel
it right into the nearest closet.

Hot dog! Nothing's more fun when you're planning
a picnic. Don't forget the ketchup and mustard.

New Fisher-Price® Fun With Food.™
All it takes to get a kid's imagination cooking.

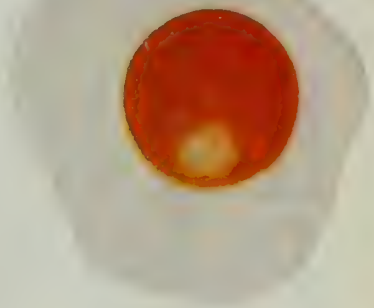
Little chefs love to feel like big cooks. And when their food and appliances are this realistic, their recipes for fun never end.



Add the icing with the cherry on top and get cupcakes that take the cake.

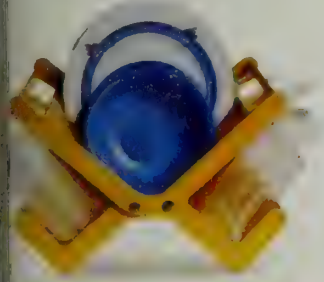


Tea's on!
A happy whistle tells you it's time.



How do you want your eggs? With a surprise inside, of course.

Dishes just like Mom's. And a dish rack, too.





A special spatula you'll flip over because it defrosts our steaks and burgers.

An ice cream, waffle, bologna, fried egg, pickle and everything sandwich? Coming up.



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24 QUICK TIPS FOR HOLIDAY PARTIES

By
Jim Williams, Jilann Severson,
and Terri Pauser Wolf

Make your Christmas merry with these fast, fabulous ideas for food and table dress-ups.

SCOTT LITTLE



CANDLES BY THE BOWLFUL

Small pillar candles set in a bowl of coarse snowy-white salt offer a romantic greeting to each guest. Fill the bowl to the brim with salt, then set in as many candles as you like. Any drips will be caught by the salt.



FRUITCAKE FESTOONED FOR GIVING

Wrap up your best fruitcake along with a miniature bottle of liqueur for later resoaking. A cutting board and basket round out the gift.



TISSUE-PAPER PLACE MAT

Crumpled tissue sets the stage for a casual, contemporary holiday meal. In addition to being fast and fun, it's disposable.



SMARTLY DRESSED GINGERBREAD FAMILY

Paint chocolate pants and vanilla skirts on fresh-baked gingerbread people. Then string them up with ribbon pinafores and belts. For cookie recipe and decorating ideas, see *page* 78.



JINGLE BELL WREATH

Wired together as a wreath, jingle bells shape an elegant napkin ring that doubles as an ornament. Give one to each guest at the end of the party.



NAPKIN BOW

A fresh green wreath with a napkin bow at each place makes the simplest dessert a special event. To make the wreath, clip branches and wire them to a wreath form large enough to encircle your plates or bowls.



PACKAGE PLACE MAT

Wrap cardboard with gift paper and ribbon to create a "Christmas-present" place mat.



SWEET SURPRISES

Thrill your family with surprise dessert packages. Tuck a luscious truffle inside each purchased or homemade crepe. Tie the bundle with sparkling holiday ribbon.



CHRISTMAS COOKIE BOWL

Showcase your baking efforts in an edible gingerbread bowl complete with heart edging. See *page* 79 for directions.



COUNTRY EGGNOG

Creamy eggnog, a Christmas must, gets a homespun look with a braided-ribbon wreath, a pindot tablecloth, and cups of eggnog cradled in candy-cane rings.



WINTER WARMERS

Silverware tucked into mittens and a scarf as a table runner make for a warm, wintertime lunch.



POINSETTIA CAKE

Start with a frosted homemade or bakery cake and use shoestring licorice to outline the flower. Fill the petals and leaves with melted strawberry and mint jelly, then add bits of gumdrops to the center.

24 QUICK TIPS FOR HOLIDAY PARTIES



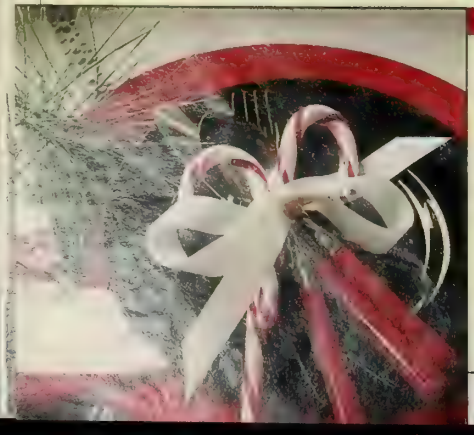
KIDS' ART TABLECLOTH

Have the kids make a holiday tablecloth and napkins using heat-set fabric crayons. Add a new drawing each year for happy Christmas memories.



SILVER BALL PLACE CARD

Mark each guest's place with a personalized Christmas ornament cradled in a wineglass. A permanent marker and a steady hand do the trick.



CANDY-CANE TREATS

Tie candy canes and silverware with a Christmas bow as a spritely surprise greeting and tasty treat for after the meal.



PIECRUST HOLLY

Turn your Christmas pie, whether it's cranberry, mincemeat, or apple, into an awe-inspiring holly-day dessert. Use a holly-shaped cookie cutter to make the pastry leaves and berries.



FROSTY THE SNOWMAN

A quilt-batting snowman on a saucer sled sets a wintry scene for each place setting. Snowy table covering is layers of quilt bat. Craft Frosty from plastic-foam balls wrapped in batting; then add button eyes, a bead mouth, and a tiny carrot nose.



PINE BOUGH PLACE MAT

Pine boughs clipped from the base of the Christmas tree create a natural foil for simple tableware. Clusters of pinecones at each place carry out the rustic look.



SUGAR COOKIE BUNDLES

Treat guests to a take-home delight—sugar cookies neatly stacked with doilies and tied with seasonal ribbons.



TWINKLING STAR BREAD

Pass around a platterful of twinkling breads with moon- and star-shaped butter pats. Just use a cookie cutter to make star shapes in yeast bread dough before the second rising.



TINSEL AND STARS

Scatter old-fashioned Christmas tree tinsel and silver stars cut from cardboard all over the table for a glittery feast. An icy blue cloth and antique silver add to the gala look.



BELLS AND BOWS

Festive bows with jingle-bell tips will create attention when tied onto stemmed glasses. Stitch small bells to the ends of Christmas-plaid ribbons, then tie big bows around the stem of each glass.



STAINED-GLASS CENTERPIECE

Delicate and colorful candy-filled cookie cutter trees glisten on inexpensive mirror tile. Votive candles, placed behind each tree, enhance the glowing ornaments. See *page* 79 for directions.

To order cookie and pastry cutters, see page 178.



REFRESHING REPAST

Put on the glitz when serving a between-courses refresher. Angel hair and glitter stars accent the tray of champagne glasses filled with raspberry sorbet and kiwi fruit slices.

Buying guide, page 180.

continued from page 77

GINGERBREAD DOUGH

Use this versatile dough to make the Smartly Dressed Gingerbread Family or the Christmas Cookie Bowl, page 79—

5 cups all-purpose flour
2 teaspoons ground ginger
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon salt

• • •

1 cup margarine *or* butter
1 cup sugar
1 cup molasses

● **In a large mixing bowl stir together** flour, ginger, baking soda, cinnamon, and salt. Set aside.

● **In a large mixer bowl beat** the margarine or butter with an electric mixer on medium speed for 30 seconds. Add the sugar and beat till fluffy. Add the molasses and beat well. Beat in the flour mixture, a little at a time, stirring in the last part with a wooden spoon till well mixed.

● **Divide the dough** into thirds. Use in the following recipes.

SMARTLY DRESSED GINGERBREAD FAMILY

To order gingerbread family cookie cutters, see page 178—

1 recipe Gingerbread Dough (see recipe, *left*)
Chocolate-flavored confectioners' coating
Vanilla-flavored confectioners' coating
Small multicolored decorative candies (optional)

● **On a lightly floured surface roll** Gingerbread Dough, a *third* at a time, ⅛ inch thick. Cut with gingerbread family cookie cutters. Using a spatula, transfer to a greased cookie sheet. With a straw make 2 holes in the center of each cookie for threading ribbon.

● **Bake in a 375° oven** 5 to 6 minutes or till very light brown around edges. Cool on cookie sheet for 1 minute; remove and cool thoroughly on wire racks.

● **In separate small saucepans melt** the chocolate and vanilla confectioners' coating over low heat, stirring each constantly with a wooden spoon.

● **For gingerbread men and boys,** spoon or spread chocolate confectioners' coating over bottom half, forming pants, and on top of head, forming hats. Let dry on wire racks. Spoon or spread vanilla confectioners' coating on feet and hands, forming boots and mittens. Let dry on wire racks.

● **For gingerbread women and girls,** spoon or spread vanilla confectioners' coating over bottom half, forming skirts, and around neck, forming necklaces. Decorate with candies. Let dry on wire racks.

● **Thread ribbon** through holes for suspenders and belts. Use ribbon to hang the family up. Makes about 66 (6-inch) or 96 (3-inch) cookies.

Nutrition information per 6-inch cookie: *90 cal., 1 g pro., 14 g carbo., 3 g fat, 4 mg chol., 47 mg sodium, 44 mg potassium.*



STAINED-GLASS CENTERPIECE

To clean your candy-filled cookie cutters, place them in boiling water—

- **Line** a baking sheet with foil. Place several of the same height ovenproof Christmas cookie cutters on top.
- **Place several colors of *clear hard candy,*** separately by color, in clear plastic bags. Crush finely by pounding with a rolling pin or hammer.
- **Holding cutters down, spoon** candy into cutters. Cover bottom and fill ⅛ inch. Use a pastry brush to clean away candy outside of cutter. Place a heavy ovenproof baking dish atop cutters to prevent melting candy from oozing out.
- **Bake in a 375° oven** about 5 minutes or till candy melts. Remove from oven; remove dish. Cool; peel off foil. (If candy oozes outside cutter, cool 2 minutes; scrape away with a sharp knife.)

CHRISTMAS COOKIE BOWL

Use the rest of the Gingerbread Dough to make cookies—



SCOTT LITTLE

BAKE COOKIE DOUGH over a casserole bowl to make a festive holiday treat.

⅓ recipe Gingerbread Dough (see recipe, *page 78*)
Homemade *or* canned frosting
Assorted cookies

- **Cut** a 9-inch circle out of paper.
- **Invert** a 1-quart round casserole on a baking sheet. Cover with foil; grease the foil.
- **On lightly floured waxed paper roll** Gingerbread Dough ¼ inch thick.
- **Flour circle** and place over rolled-out dough. Cut out dough around pattern; remove and reserve dough scraps. Peel off pattern; invert dough circle with waxed paper over casserole (see photo, *left*). Peel off the waxed paper from the dough.
- **Bake in a 350° oven** about 15 minutes or till cookie bowl is very light brown around the edges. Cool completely on a wire rack. Remove cookie bowl from the casserole.
- **Meanwhile,** on a lightly floured surface cut dough scraps with a 1-inch heart-shaped cookie cutter. Place on a greased cookie sheet. Bake in a 350° oven about 8 minutes or till very light brown around the edges. Cool on a wire rack. Spread a bit of frosting on the back of each heart; place on edge of bowl. Fill bowl with cookies. Bowl makes 16 servings.

Nutrition information per serving: *355 cal., 5 g pro., 55 g carbo., 13 g fat, 17 mg chol., 184 mg sodium, 266 mg potassium, 1 g dietary fiber. U.S. RDA: 18% thiamine, 11% riboflavin, 12% niacin, 17% iron.* BH&G

New complete dinners. From Stouffer's®



Rich Chicken Parmigiana. Peppy Chicken Monterey. Delicate Turkey Divan. And flavorful Veal Parmigiana. Only Stouffer's could make them so good. And these are just four from our exciting line of ten delicious chicken, turkey, beef and veal dinners. All microwaveable. All delicious. Why not try a Stouffer's Dinner Supreme® tonight?

INTRODUCING
MOUNTAIN SPRING DAWN



Now there's a fresh new way to take grease out of your way.

Now the tough, grease-cutting ability of Original Dawn® dishwashing liquid comes with a clean, fresh scent. New Mountain Spring Dawn lets you enjoy a breath of fresh mountain air while your dishes come sparkling clean. New Mountain Spring and Original Dawn. Dishwashing just became a lot more pleasant.

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AMANDA THE PANDA

GIVING, CARING, LOVING ALL YEAR THROUGH

By Mary Conroy

Usually our December issue features stories of people helping people all over the country. This year, we found an extraordinary example in our own backyard.



DAVID JORDAN/SCOTT LITTLE

Director JoAnn Zimmerman and furry friends.



PERRY STRUSE/STAFF OF AMANDA THE PANDA

Amanda enthralls patients at Blank Children's Hospital.

How it all began

When bank teller JoAnn Zimmerman took stock of her life seven years ago, she decided anybody could be a good bank teller. "It was time for me to use my other talents," she says, "compassion and a love of children." She offered to teach a class on emotions at a neighborhood school, though she thought it would be hard to win the students' trust. After all, she was a strange adult, asking them to share their deepest feelings.

But JoAnn knew that children instinctively confide in animals, so she dressed up as that cuddliest of creatures—the panda. That did the trick: 7-foot Amanda the Panda instantly won the children's hearts.

She also won the attention of a local hospice, which asked Amanda to visit. There the unexpected happened: "I just fell in love with a little boy with cancer," she says. The feeling was mutual.

From then on, the panda's purpose took a new direction—to help children with cancer. Not content merely to dress as a panda, JoAnn soon expanded her mission. Today, she and a staff of three direct a host of activities that would make anyone else dizzy: summer camp, home visits, an annual fund-raising radiothon, school presentations, hospital counseling, sibling support, weekend grief camps, and fun family events. All activities are free to the families, thanks to the efforts of some 200 volunteers and countless others who donate funds to the Amanda the Panda organization.



Up, up, and away! The youngest campers show off their cabin, tightly clutching their balloons.

Summertime—and the camping is easy

Sick children get plenty of pity, JoAnn says. Fun, on the other hand, is in short supply, so one of her first projects was organizing a summer camp.

Camp-A-Panda is planned and run by volunteers, with support from the full-time staffers at Amanda the Panda. Fund development director Rosemary Sokolik is amazed at the volunteers' dedication. "These are not just people who have nothing else to do," she says. "They take vacation time to work at camp."

On the banks of the Des Moines River, more than 100 sick children join the all-volunteer staff for a week of skits, fishing, and horseback riding. "These are normal children who just happen to have cancer," JoAnn says, and Camp-A-Panda lets them be just that—normal children. For one blissful week, the hospital halls and endless tests are forgotten in a whirlwind of swimming, mud slides, and baseball games. As one veteran camper, Derrick Nichols, says: "Camp teaches you that it's all right to be just a normal person. That's really what it's all about: come up for a week and have as much fun as you can."

Camp is a time for making friends, for cutting through cancer's isolation. Jennifer Johnson, 17, knows that loneliness firsthand. Her form of cancer is so rare that there are only two other cases in Iowa. Yet at camp she met a girl with the same illness.

continued on page 82

continued from page 81

"Camp gives us a chance to talk about being sick—and to discuss the doctors," she adds with a sly grin, pointing out the best-looking doctor in camp. "I think it's wonderful."

She's equally grateful for the year-round support the program gives her. When she missed three months of high school last year, Amanda's staff urged her not to give up her college dreams. It worked. She not only made up last year's work, she'll also graduate early.

Even the most reluctant campers are won over. "I thought it was going to be a real dumb camp for little kids," says Missy Elmore, 17. "I tried everything to keep from going. But I got a lot out of knowing I wasn't the only one."

The campers' enthusiasm is matched only by the counselors'. "There's no place you can get as many hugs and kisses," says Mike De Splinter. But it's hard work: "If you're not exhausted at the end of the day, you didn't do your job," he says.

Whether they teach crafts or swimming, music or fishing, the counselors say they learn more than the kids. "These kids teach you that you don't have tomorrow," says counselor Terri Wolf. JoAnn agrees: "They know the value of life, the value of each day. They don't leave things hanging—they complete those relationships with other people."

A chance to grieve

When cancer strikes, young patients aren't the only ones who suffer. Their friends and siblings stagger from the blunt force of their feelings.

Some think they caused a friend's illness. Others feel jealous over all the attention a sick sister or brother gets. Guilt follows fast on envy's trail: "I shouldn't be jealous," they think.

To avoid hurting their families, these youngsters may hide those feelings. Many feel they have no place to go. But at Camp Amanda, a weekend camp for children and teens who've suffered a loss, it's safe to let the feelings show.

And that was a relief for Jennie Glenn, who lost two high school classmates in sudden deaths. "Before you get to camp, you hate yourself," she says. "There are so many emotions going on, you sometimes just feel kind of sick and you don't know why."

But camp made a difference for Jennie and her friends Katy Richardson and Jenny Vo Pava. "A big part of it was recognizing our feelings," says Jenny Vo Pava. "I had never done that before. Camp is really personal, but it's confidential, so you can say anything you want."



At grief camp, teens learn that it's safe to let their feelings show.



School visits end with a big bear hug.



A camp counselor gives a gentle assist to a beginning fisherman.

Besides sorting out a swirl of feelings, camp helps kids understand the lessons that death teaches. "I used to think we were indestructible," Katy says. "Now I really treasure my friends."

Some are so grateful for grief camp that they long to give something back to others. Jenny Vo Pava, for instance, wants to play Amanda the Panda. Warned that the costume is terribly hot, she doesn't care: "I would sweat like a pig to be Amanda the Panda."

From hospital to home

Camp is a once-a-year treat. For most children, cancer means nights in a strange room, days on intravenous tubes. It's never easy, but it's easier because of one woman: Delli Lampe, who now most frequently plays Amanda the Panda. With or without the panda costume, she'll tell terrible jokes, cradle hairless heads, and listen to whispered fears that parents never hear.

JoAnn had the vision to begin Amanda's work, but says she couldn't do it without Delli's help. Although JoAnn directs the program, Delli now provides much of the direct support to children and families.

"She's with them when they're well and with them when they're dying," says Dr. Stephen Elliott, head of pediatric oncology at Blank Children's Hospital. "I think kids come for their drugs secondarily—and first for Delli. Delli is the heart, spirit, and soul of Amanda."

Though Amanda can't always be there, she leaves a lasting image. "Why does Amanda wear her red heart?" Delli asks 8-year-old Jessica Houghton.

Jessica's answer is quick and sure: "So whenever she makes a new friend, she can put you right inside her heart, and even when she's far away, you'll always be there."

Parents also feel the strength of Delli's support. Jessica's dad, Rusty, appreciates Delli's frank explanations of hospital procedures. "There's no false hope involved," he says. But Delli is more than a go-between.

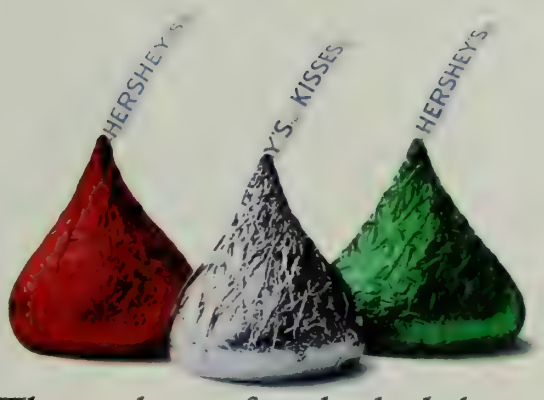
"She's been a friend," Madonna Houghton says. "Delli's never too busy to take the time to talk."

The mother of another young patient agrees. "She'll sit with you all night," Billie Cornish says. "She's almost like a member of the family."

Other parents are grateful for the family activities Amanda sponsors,

continued on page 85

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AMANDA THE PANDA

continued from page 82

from baseball games to balloon rides. "Little things Amanda provides are things you probably would not do, and it allows you to get away and escape a little bit," parent Diana Lotz says. "She tries to make things more normal," Madonna adds.

It's the emphasis on enjoying life—even a life cut short by cancer—that makes Amanda's work special. "Amanda taught us to appreciate the quality of our life—to take every day one day at a time," Billie Cornish says.

Support at school, too

Cancer casts a wide net, catching friends as well as family. To help classmates cope with a child's illness, Delli visits their schools.

In a twofold effort, she discusses the facts about cancer and the feelings death brings. As Amanda, she accompanies young patients as they return to school after treatment, bald and afraid that friends will laugh.



Siblings get equal time: Jacob Lotz cuddles with Delli while Josh perches high on Amanda's lap.

Delli uses that opportunity to dispel classmates' fears. "In rural schools, I would guess that 80 percent or more think that cancer is catching," she says. "Do you know how isolating that is?" Armed with the facts, she battles the myths that separate young patients from the friends they need.

And when first-grader Jamie Rosengren died last year, Delli returned to his school. Ever so gently, she waded through the flood of feelings that had sent his classmates reeling.

"Tell me how you felt when we lost Jamie," she urged. Slowly, the answers came: sad, mad, scared. Delli accepted them all, sometimes offering a quiet, "Me, too."

But sifting through feelings wasn't her only mission that day. She also showed that friends can miss Jamie but still have fun. In the end, she left a reminder of him. "Do you know what Jamie used to say?" she asked. "He used to say, 'Even though it's hard, it's up to me to make each day special.' "

For more information

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HAPPY HANUKKAH

FROM THE BORESOW FAMILY

PHOTOGRAPHS: PERRY STRUSE. FIELD EDITOR: SCHUDY & ASSOCIATES

By Joy Taylor

Jewish families everywhere agree: Hanukkah is full of tradition. Don and Harriet Boresow and their 14 children cherish many holiday activities including games and candle lighting. They also share traditions created within their own home. Come join their celebration!

continued



▲ ALL TOGETHER
Don and Harriet Boresow with their children, daughter-in-law, and Granny Boresow.

◀ GLOWING MOMENT
Danny, the youngest Boresow, lights the menorah while his big brother, Michael, looks on.

continued from page 87

Michael Boresow lives in Dallas. Dennis lives in St. Louis. Four more Boresow children live away at college. But at Hanukkah, all of the Boresow children, ranging in age from 11 to 29, will be together in Kansas. They'll attend a service at Temple B'nai Jehudah in Kansas City, Missouri, share some laughter and games, and feast on their favorite holiday foods.



● A banner decorates the Boresow home at Hanukkah.

"With everyone coming and going, we need a special time like Hanukkah to get us all together," says their father Don, a mail carrier.

Prior to out-of-town arrivals, the younger Boresow children eagerly go to work. There's a paper chain to cut and staple, decorations to hang in the family room, and cookies to frost. Once everyone is together, gifts are exchanged—the favorite holiday activity for Danny, aged 11.

"Of course, all the children look forward to opening gifts during Hanukkah, but it's not the most important part of the holiday," explains Harriet. "We instill the idea that being together, caring, sharing, and the love of the family is the greatest gift of all.



● Granny Boresow passes crackers with Chopped Liver to Dennis, 25, and Susan, 27.

▲ GRANNY'S SPECIALTY
Leah Boresow, aged 84, is well-known for her good cooking. Her recipe for chopped liver is a "must" food for Hanukkah and other special family gatherings. "The grandchildren count on me to make their favorite foods," says Granny.

▶ A FAMILY CHAIN
The Boresows' Hanukkah chain was first made when Michael was in kindergarten. He made one out of blue and white paper, the traditional Hanukkah colors. Since then, the paper chain has been remade every year. "It's just not Hanukkah without the chain," says Lori, aged 20.



● Fun work: Amy and Danny make the Hanukkah chain.



● Traditional Hanukkah dishes fill the Boresows' table: Potato Latkes, Cheese Blintzes, and Sweet Noodle Kugel.

"Hanukkah is a real fun time in our house, because we make the decorations and all kinds of food. Mom does most of the cooking, but we all help."

—Amy, aged 12

▲ THE FEAST

Harriet admits that it takes her up to two weeks to plan, shop, and cook for a holiday dinner. But with help from her daughters, the potatoes are fried into latkes, the blintzes are rolled, and the kugel baked. Organization, cooperation, and a large kitchen are the key!

▶ COOKIES TOO!

It takes dozens and dozens of cookies to satisfy the Boresow kids and friends. They make extras because Harriet annually visits the children's grade school to share the Hanukkah story—and cookies!

For recipes, see page 90



● Sarah, aged 14, and Harriet frost Hanukkah Cookies.

TO ORDER HANUKKAH COOKIE CUTTERS, SEE PAGE 178.

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THE BORESOWS claim this is the best chopped liver around, and we agree!

CHOPPED LIVER

- 3 pounds kosher beef liver, cut ½ inch thick
- 3 large onions, chopped (3 cups)
- 1 bay leaf
- 2 tablespoons cooking oil
- 12 hard-cooked eggs
- 2 tablespoons mayonnaise *or* salad dressing
- ½ teaspoon salt
- ¼ teaspoon pepper
- Lettuce leaves
- Halved cherry tomatoes (optional)
- Sieved hard-cooked egg yolk (optional)
- Snipped chives (optional)
- Assorted crackers

● **Place *half* of the liver** on the unheated rack of a broiler pan. Broil 4 inches from heat about 3 minutes per side or till center is just pink. Repeat with remaining liver. Remove membranes from liver, if present.

● **In a large saucepan cook** the onions and bay leaf in hot oil till onions are tender. Discard bay leaf.

● **Using the coarse blade** of a food grinder, grind the liver, onions, and hard-cooked eggs. Grind again using the fine blade. (*Or,* using the steel blade in a food processor bowl process the mixture, a *third* at a time, till of desired consistency.)

● **In a large bowl stir** together the liver mixture, mayonnaise or salad dressing, salt, and pepper. Cover the bowl and chill thoroughly.

● **To serve,** mound liver mixture onto a large lettuce-lined plate. Garnish with tomatoes, egg yolk and chives. Serve with crackers. Makes 8 cups.

Note: This recipe easily halves.

Nutrition information per tablespoon: *27 cal., 3 g pro., 1 g carbo., 1 g fat, 58 mg chol., 31 mg sodium, 40 mg potassium, U.S. RDA: 90% vit. A and 20% riboflavin.*



LATKES are a traditional Hanukkah dish, and are served with applesauce.

POTATO LATKES

- 4 medium potatoes (about 1¼ pounds)
- 1 slightly beaten egg
- 1 small onion, finely chopped

We Have A Lot



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2 tablespoons all-purpose flour
½ teaspoon salt
¼ teaspoon pepper
Cooking oil
Applesauce (optional)

- **Peel potatoes.** Coarsely shred and place potatoes in cold water as you work to prevent darkening.
- **Drain potatoes well.** Pat dry with paper towels.
- **In a large mixing bowl combine** potatoes, egg, onion, flour, salt, and pepper. Mix well.
- **In a 12-inch skillet** heat *1 tablespoon* oil over medium-high heat.
- **For each latke,** drop potato mixture by tablespoon into hot oil. Fry for 2 to 3 minutes till edges are crisp; turn. Cook 2 to 3 minutes more till golden brown. Drain on paper towels; cover and keep warm. Repeat, adding oil as necessary.
- **Serve** with applesauce. Makes 20.

To make latkes ahead: Drain on paper towels; cover and chill. To reheat, arrange on an ungreased baking sheet. Bake, uncovered, in a 400° oven for 10 to 12 minutes, turning once.

Nutrition information per latke: *54 cal., 1 g pro., 6g carbo., 3 g fat, 14 mg chol., 58 mg sodium, 160 mg potassium, 1 g dietary fiber.*



SERVE CHEESE BLINTZES with strawberry preserves and sour cream.

CHEESE BLINTZES

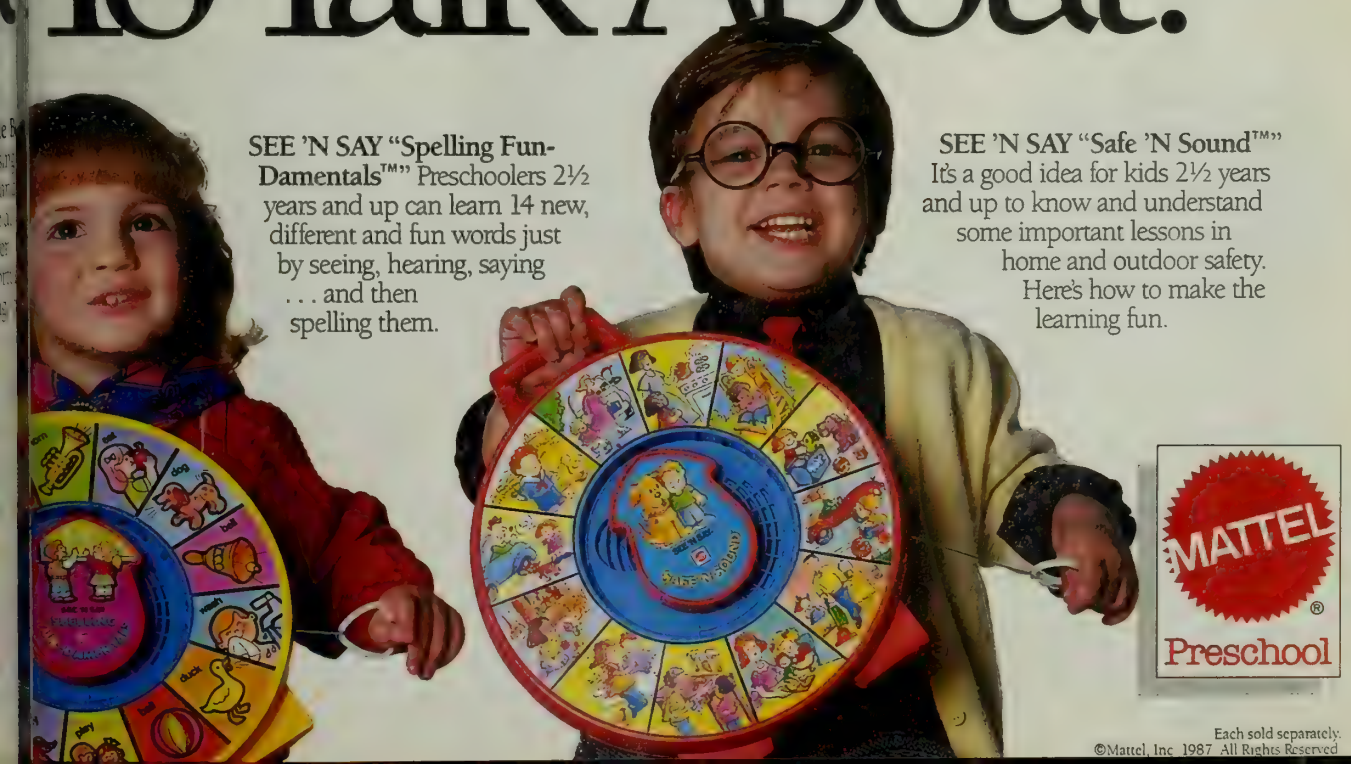
These cheese pillows are a welcome addition to any Hanukkah celebration—

1 cup all-purpose flour
½ teaspoon salt
1½ cups cold water
3 eggs
Cooking oil
16 ounces dry curd farmer cheese *or* dry curd cottage cheese
2 tablespoons margarine, melted
1 beaten egg
1 tablespoon sugar
¼ teaspoon salt
Margarine
Strawberry preserves
Dairy sour cream

- **In a large mixing bowl** combine the flour and the ½ teaspoon salt. Gradually add the cold water, stirring till smooth.
- **Add the 3 eggs,** one at a time, beating 1 minute after each.
- **Heat a greased 6-inch skillet** over medium heat. Spoon in *2 tablespoons* batter; lift and tilt skillet to spread batter evenly and coat the bottom of the pan. Return to heat; brown on one side only or till pancake pulls away from side of pan. Invert pan over a paper towel; remove pancake. Cover prepared pancakes with paper towels.
- **Repeat** with remaining batter, adding oil as needed.
- **For filling, in a medium mixing bowl** stir together the cheese, the 2 tablespoons margarine, 1 beaten egg, sugar, and ¼ teaspoon salt.
- **To assemble,** place a rounded *tablespoon* of the filling in the center of each pancake. Overlap two opposite sides atop filling; then overlap ends to form a pillow shape.

continued on page 92

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HAPPY HANUKKAH

continued from page 91

● **Fry blintzes,** *half* at a time, in hot margarine for 4 to 5 minutes per side or till golden brown, adding more margarine as needed to prevent sticking. Transfer to a serving platter; cover and keep warm.

● **Serve immediately** with preserves and sour cream. Makes about 20.

To make ahead: Freeze fried blintzes on a baking sheet till firm. Wrap in moisture- and vaporproof wrap. Seal, label and freeze. To serve, unwrap blintzes and place on an ungreased baking sheet. Warm, uncovered, in a 350° oven for 15 to 20 minutes or till heated through. Serve blintzes as directed.

Nutrition information per blintz: *90 cal., 6 g pro., 6 g carbo., 5 g fat, 58 mg chol., 125 mg sodium, 25 mg potassium.*

SWEET NOODLE KUGEL

- 1 24-ounce carton cream-style cottage cheese
- 3 apples, peeled, cored, and sliced (about 2¾ cups)
- 1¼ cups raisins
- 1 8-ounce can crushed pineapple
- 1 cup sugar
- 1 tablespoon ground cinnamon
- 2 tablespoons margarine, melted
- 1 16-ounce package wide egg noodles, cooked and drained
- Sliced apples



SWEET NOODLE KUGEL is considered by many to be the work of an angel.

● **In a large mixing bowl combine** the cottage cheese, the 2¾ cups sliced apples, raisins, and *undrained* pineapple. In a small mixing bowl combine the sugar and cinnamon.

● **In a greased 13x9x2-inch baking dish** place *one-third* of the cooked, drained noodles. Top with *half* of the cottage cheese mixture and *one-third* of the sugar-cinnamon mixture. Place another one-third of the noodles atop, the second half of the cottage cheese and sprinkle with another third of the cinnamon-sugar. End layering with the last third of the noodles. Brush noodles with margarine; sprinkle remaining sugar-cinnamon mixture over all. Arrange additional sliced apples in middle of the baking dish.

● **Bake, covered, in a 325° oven** about 1 hour or till heated through. Serve kugel immediately, spooning juices in bottom of dish over each serving. Makes 12 to 15 servings.

Note: If desired, this recipe easily halves. Layer noodles, cottage cheese mixture, and cinnamon-sugar as directed above in an 8x8x2-inch baking pan. Bake, covered, in a 350° oven for 30 minutes. Uncover; bake 15 minutes more or till hot and apples are tender.

Nutrition information per serving: *367 cal., 13 g pro., 67 g carbo., 6 g fat, 45 mg chol., 256 mg sodium, 286 mg potassium, 4 g dietary fiber. U.S. RDA: 15% thiamine, 10% riboflavin.*

HANUKKAH COOKIES

For extra-bright frostings, use paste food colorings; they won't thin the frosting—

- 2 cups all-purpose flour
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- ⅔ cup shortening
- ¾ cup sugar
- 1 egg
- 1 tablespoon milk
- ½ teaspoon vanilla
- 1 recipe Almond Icing

● **In a medium mixing bowl** thoroughly combine the flour, baking powder, and salt; set aside.

● **In a large mixing bowl beat** shortening with an electric mixer on medium speed for 30 seconds till softened. Add sugar; beat till fluffy. Add egg, milk, and vanilla; beat well. Add flour mixture to beaten shortening mixture, beating till well combined. Cover the bowl and chill the dough at least 1 hour or overnight.

● **Divide dough into thirds.** On a lightly floured surface, roll each third of the dough ¼-inch thick. (Keep remaining dough chilled.)

● **Cut with cookie cutters** in Hanukkah shapes or use other shape cutters. Dip cookie cutter into flour between cuts. Place on greased cookie sheets.

● **Bake in a 350° oven** for 8 to 10 minutes or till light brown. Remove and cool completely on wire racks.

● **Frost cookies** with white or colored Almond Icing. On dreidel-shaped cookies, add Hebrew letter in contrasting color, if desired. Makes 60 cookies.

Almond Icing: In a small mixer bowl beat ½ cup *margarine* with an electric mixer on medium speed 30 seconds or till softened; gradually add 4 cups sifted *powdered sugar,* beating the mixture till smooth. Add 4 to 5 tablespoons *milk* and ¼ teaspoon *almond extract* to make of spreading consistency. Divide white icing into small bowls; add a different food color to the white icing in each bowl.

Nutrition information per cookie: *90 cal., 1 g pro., 12 g carbo., 4 g fat, 5 mg chol., 36 mg sodium, 8 mg potassium.*

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DIET AND HEALTH

TRIMMING YOUR HOLIDAY RECIPES

How to cut fat in your favorite holiday foods

By Lynn Phelps

Trimming a gram of fat ere and there makes a big ifference in the healthful- ess of your holiday baking. ee for yourself how chang- g the fats in chocolate cake an cut saturated fats to al- ost nothing (see recipe, *ght*). Then incorporate the t-paring tactics that follow to your own recipes this oliday season and through- t the year.



PERRY STRAUSE

Cutting fat is a good idea for anybody.

at-slashing tactics

It's best not to tamper with the mount of fat in baked goods, but you an make smart fat choices. For exam- e, use margarine instead of shorten- g, lard, butter, or butter-margarine ends. The first ingredient on the mar- rine package should be liquid vegeta- e oil such as corn, safflower, or ybean oil. (Note, however, that for re- igerated slice cookies when you use a egetable-oil margarine, you should in- ease the chilling time to three hours the freezer so that the dough is stiff ough to work with.) Do not use prod- cts labeled "spreads" or "diet" for bak- g. They simply don't contain enough t to do the job.

COMPARE:

½ cup shortening = 31 g saturated fat
½ cup margarine = 16 g saturated fat

When a recipe calls for light cream, hipping cream, or evaporated milk, member that evaporated skim milk ovides almost the same richness with lot less fat. Of course, if the recipe just lls for whole milk, opt for skim milk.

COMPARE:

½ cup whipping cream = 44 g fat
½ cup evaporated skim milk = 1 g fat

For pie-baking, prepare an oil crust ther than a recipe calling for shorten- g, lard, or butter. This is smart bak- g for cholesterol watchers.

COMPARE:

Pastry for a 9-inch pie made with butter (⅛ of recipe) = 31 g saturated fat
Oil pastry for a 9-inch pie (⅛ of recipe) = 14 g saturated fat

● Substitute unsweetened cocoa powder for unsweetened chocolate squares. Replace each square of chocolate with 1 tablespoon unsweetened cocoa powder and 1 tablespoon vegetable oil (the oil is less saturated than cocoa butter). If your recipe calls for several squares of chocolate, try skimping on the oil you add back in.

COMPARE:

1 square unsweetened chocolate = 10 g saturated fat
1 tablespoon unsweetened cocoa powder + 1 tablespoon vegetable oil = 2 g saturated fat

● To cut cholesterol, in some recipes, substitute egg whites for yolks. In breads or cookies use 2 egg whites for 1 whole egg *or* 3 egg whites for 2 eggs. Our experience with cakes is that sometimes it works, sometimes it doesn't. You're better off to stick with a recipe.

COMPARE:

1 egg yolk = 272 mg cholesterol
1 egg white = 0 mg cholesterol

● Lightly spray baking pans with nonstick spray coating.

COMPARE:

1 tablespoon shortening = 4 g saturated fat
1¼-second spray nonstick spray coating = 0 g saturated fat

NO-EGG ORANGE-COCOA CAKE

Smart low-fat ingredients include cocoa powder, skim milk, and cooking oil—

1 cup all-purpose flour
⅔ cup sugar
¼ cup unsweetened cocoa powder
¾ teaspoon baking soda
½ teaspoon finely shredded orange peel
¼ teaspoon salt
½ cup skim milk
½ cup orange juice
⅓ cup cooking oil
Nonstick spray coating
Sifted powdered sugar

Stir together flour, sugar, cocoa powder, baking soda, orange peel, and salt. Combine milk, orange juice, and oil; stir into dry ingredients till well blended. Spray an 8x8x2-inch baking pan or a 9-inch round baking pan with nonstick spray coating. Pour cocoa mixture into pan. (Or, line 12 muffin cups with paper bake cups. Fill ⅔ full.) Bake in a 350° oven for 30 to 35 minutes. Cool on a wire rack. Top with sifted powdered sugar. Makes 9 servings.

Nutrition information per serving: 201 cal., 2 g pro., 30 g carbo., 9 g fat (2 g saturated fat), 0 mg chol., 90 mg sodium, 79 mg potassium.

What's on Your Mind?

If you have diet and health concerns, favorite good-health recipes, and cooking tips, we'd like to hear from you. Send letters to: Diet and Health, P.O. Box 7, Des Moines, IA 50336. No materials will be acknowledged or returned. BH&G

If you've been buying give your do

1. Examine mouth.

Raise your dog's upper lip to view the teeth. Are they:

A. Clean, white and glistening. 15 pts.
B. Yellowed with signs of residue. 5 pts.
C. Decaying with evidence of tartar. 0 pts.

Like humans, diet plays a major role in canine oral hygiene. If you didn't check A, chances are you feed your dog a steady diet of wet foods, which can result in dental problems. Dry foods, however, help cleanse a dog's teeth and gums.

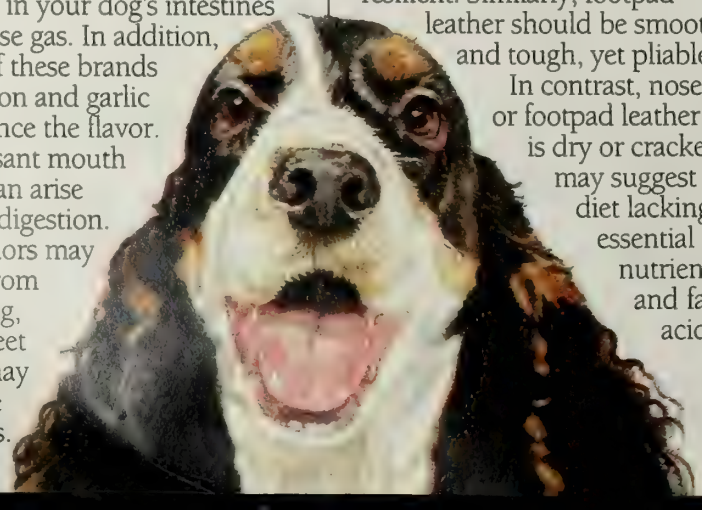


2. Check breath odor.

While examining the mouth, you may have noticed the animal's breath. Is it:

A. Unoffensive. 10 pts.
B. Foul. 5 pts.
C. Sour, or sweet. 0 pts.

Most supermarket dog foods are grain-based. If improperly processed, grain-based cereals ferment in your dog's intestines and cause gas. In addition, many of these brands add onion and garlic to enhance the flavor. Unpleasant mouth odors can arise from indigestion. Sour odors may result from vomiting, and sweet odors may indicate diabetes.



3. Inspect nose and footpad leather.

Feel the tip of your dog's nose. Is the skin:

A. Tough yet pliable, with a slightly moist appearance. 15 pts.
B. Stiff, crusty or dry. 5 pts.
C. Very hard or cracking. 0 pts.

The nose leather of a healthy animal is clean, smooth and resilient. Similarly, footpad leather should be smooth and tough, yet pliable. In contrast, nose or footpad leather that is dry or cracked may suggest a diet lacking essential nutrients and fatty acids.

4. Examine stool.

Stool size and consistency are good indicators of a dog's overall well-being. Is it:

A. Small and firm. 20 pts.
B. Large and hard. 5 pts.
C. Large and excessively soft. 0 pts.

Stool volume is largely influenced by undigestible foods and enzyme deficiencies. While small, firm stools are easier to clean up, they also demonstrate your dog has properly assimilated all the crucial dietary nutrients.



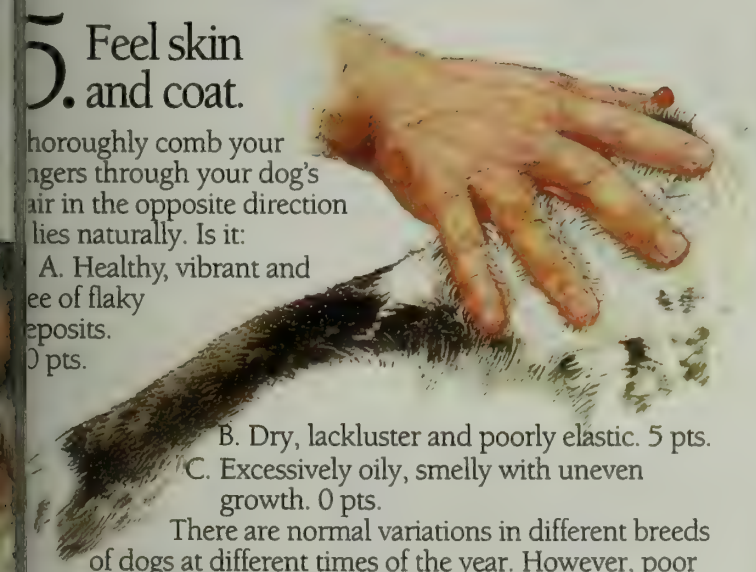
Stool consistency indicates the quality of your dog's source of nutrients. Stool from a poor source may be soft. A hard stool can represent a mineral or fiber imbalance.

upermarket pet food, his spot quiz.

5. Feel skin and coat.

horoughly comb your ngers through your dog's air in the opposite direction lies naturally. Is it:

A. Healthy, vibrant and ee of flaky eposits. 0 pts.



B. Dry, lackluster and poorly elastic. 5 pts.

C. Excessively oily, smelly with uneven growth. 0 pts.

There are normal variations in different breeds of dogs at different times of the year. However, poor utrition always adversely affects skin and hair. Dogs that xhibit healthy skin and hair eat a diet with the proper alance of fats and protein, vitamins and minerals.

6. Evaluate muscle tone.

Feel along your dog's front oulders and hindquarters. Vhen compared to other dogs of ie same size or breed, are the uscles:



A. Large and firm, yet supple. 20 pts.

B. Medium and soft. 5 pts.

C. Small and weak. 0 pts.

ood muscle develop- ent is directly related physical activity and otein quality and uantity. Dogs that score gh eat meat protein foods id follow a regulated program feeding and exercise.

If your dog scored 95 or less, don't just change dog food, change where you buy it.



All dogs have dietary requirements that demand quality sources of protein. And meat best meets those requirements.

However, many leading supermarket dog foods rely on grains for their main source of protein.

Iams dog food isn't sold in supermarkets. It's sold only in pet shops, pet supply stores and feed stores. Sold by veterinarians, breeders and pet specialists. People who understand a dog's nutritional needs. And that's why they recommend Iams.



They know that by feeding Iams you'll notice a discernible difference in your animal's health and well-being. Because Iams Chunks, MiniChunks, Biscuits and Puppy Food are formulated to exceed a dog's special requirements.

Our foods are dry, made without any artificial color or flavor enhancers. If your dog can't use it, neither can we.

Dogs like the taste of Iams because we give them what they crave naturally–meat protein.

And Iams makes Eukanuba and Eukanuba For Puppies with even higher ratios of protein from chicken.

If you'd like to know more, visit an Iams retailer or simply call 1-800-525-IAMS (4267).

Settle for anything less and you'd be failing your dog.

IAMS

Special pet foods found only at special stores.

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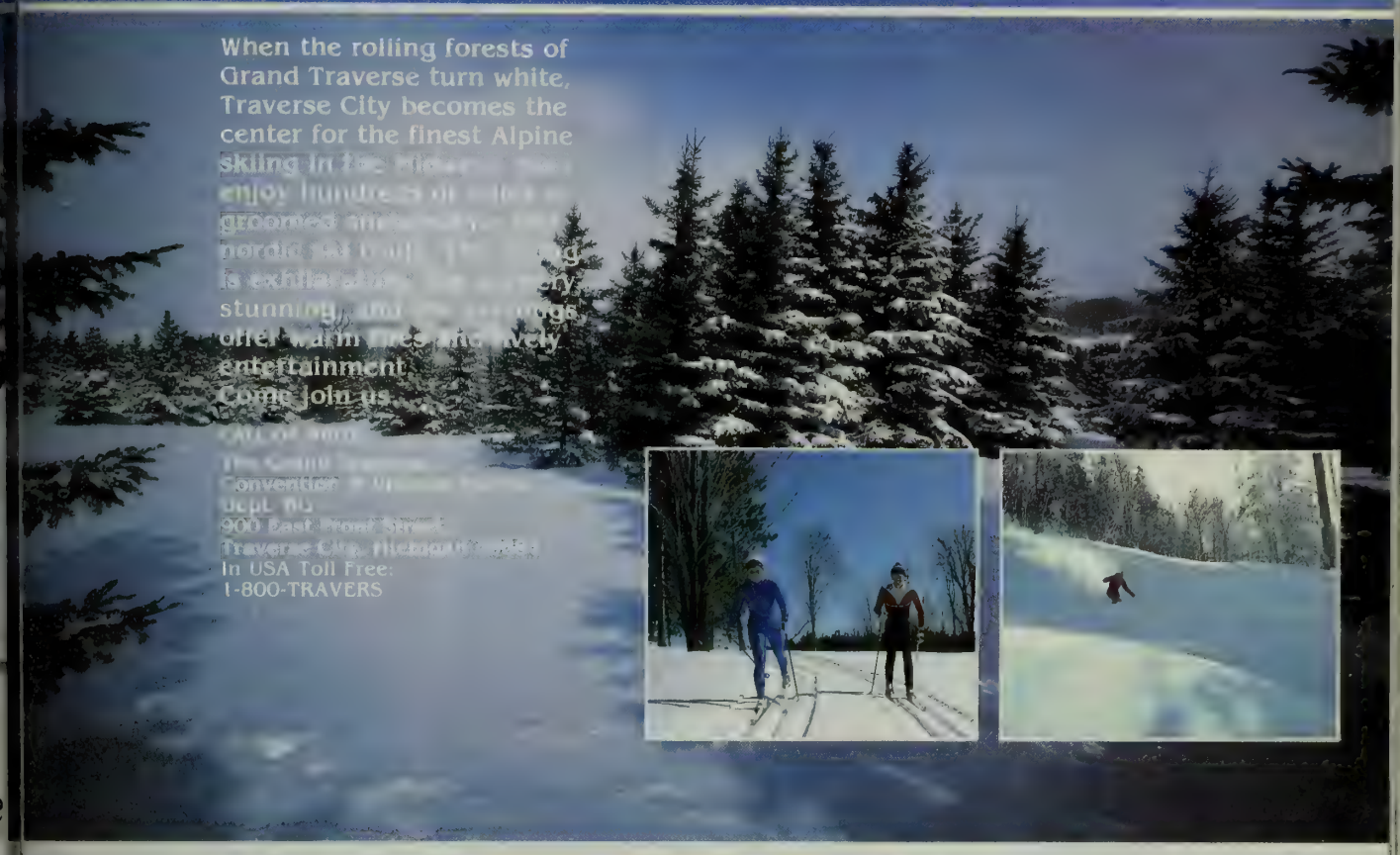
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TURN ON THE STYLE!

BIG IMPACT IN A LITTLE SPACE

Feeling lukewarm about a boring bathroom? Use these tips to turn the ho-hum space into a hot spot.

COUNT ON CONTRASTS

A black-and-white color scheme always packs a powerful, one-two punch. Underscoring the splashy combination is an easy-to-install, checkerboard floor of 12-inch-square vinyl tiles. Plain white walls visually expand the small space, with the help of an expanse of mirror above the commode. Finally, in an effort to keep the budget from going dry, designer Connie Buckner had the vanity area resurfaced rather than replaced: cabinets were fitted with a new laminate coat; a red sink was reenameled in black.



SOAKED WITH STYLE. Easy updates shower this space with personality.

BE CREATIVE

Don't take this countertop for granite! With the help of a local contractor, designer Connie Buckner mimicked the look of that stately stone with a standard building material. Available under brand names such as R-Wall and Dryvit, the product is made of polystyrene (a rigid plastic) coated with plaster. Usually used on exterior or interior walls for a stucco effect, here the material is flipped on its side, brushed with high-gloss black paint, and spattered with white to look like a slab of granite. To make the chiseled, layered edge, saw the R-Wall into strips with a serrated knife, then glue.

Photograph: Laurie Black and Roslyn Banish/ARX. Design: Buckner Interiors. Field editor: Barbara East Cathcart

PLYMOUTH
THE PRIDE'S
INSIDE.

PLYMOUTH VOYAGER, NO. 1 IN OWNER SATISFACTION*
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The Pride's Inside Plymouth Grand Voyager. Front-wheel drive • car-like handling • versatile seating for up to eight** • more room than Ford Aerostar • a choice of two fuel-injected engines: a powerful new 2.5 or dynamic V-6, either one makes towing simple • power steering • power brakes • stainless steel exhaust and more.

The Pride's Inside the solid quality. Grand Voyager is the only minivan with a 7-year or 70,000-mile Protection Plan†.

Plymouth Grand Voyager. The Pride's Inside. Before You're Inside.

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THE BEST-DRESSED BED

LINENS TO MAKE IT BEAUTIFUL

Don't just make your bed, dress it! Today's linens come with extras—such as fancy trims and matching accessories—that wake up your bedroom with style.

DARING HEMLINES

When shopping for new linens, look for the little extras that make your bed special. Many top sheets now wear fancy finishes on the hem, such as delicate stitching or a coordinating pattern. In the Laura Ashley "Alba Roses" line by *J.P. Stevens* (*right*), a ruffle softens the sheet's top edge. To show off a humdinger of a hem, make the bed with the top sheet facing down, leaving an allowance at the top for folding the sheet back over the blanket.



PERRY STRUSE

LUXURIOUS LINENS. These dressings beckon with comfort and style.

ACCENT ON STYLE

These ready-made accessories make decorating your bedroom a snap!

- **Accent pillows.** Square or round breakfast pillows add charm, and offer props for the back, knees, or elbows. Neckrolls support the neck for reading or preserve a hairstyle overnight.
- **Shams.** Slip them over pillowcases to dress up ordinary pillows.
- **Comforter.** This lightweight topper is a stylish alternative to the bedspread. Shake, toss, and you're done!
- **Petticoat.** Offered in ruffled or tailored varieties, this accent bridges the gap between comforter and floor.
- **Coordinating cousins.** Pull the look together with such accessories as balloon shades and table rounds.



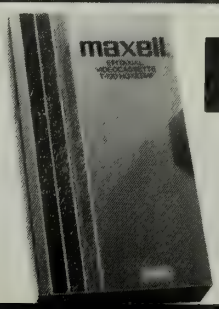
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The Tape
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VEGETABLE DISHES ADD ZING TO SPECIAL MEALS

Healthful eating can be a part of any celebration or get-together. These two lean side dishes are perfect light accompaniments to calorie-laden recipes often served at special-occasion meals.

STUFFED ARTICHOKE HALVES

A festive side dish to go with smoked chicken breast slices and piquant fruit sauce—

- **3 fresh artichokes**
- **1½ cups coarsely chopped fresh broccoli flowerets**
- **1 cup sliced fresh mushrooms**
- **½ cup chicken broth**
- **2 tablespoons finely chopped onion**
- **⅛ teaspoon dried thyme, crushed**
- **¼ cup dry white wine**
- **2 teaspoons cornstarch**
- **1 2-ounce jar chopped pimiento, drained**
- **2 tablespoons grated Parmesan cheese**

Remove loose outer leaves of artichokes. Snip off sharp leaf tips. Cut off stems close to base. Brush cut edges with *lemon juice.*



SCOTT LITTLE

Long on flavor and low in fat: Serve Stuffed Artichoke Halves and Soufléed Sweets at a holiday dinner.

How to keep a stainl

Over forty years ago, Farberware first bonded aluminum to stainless steel and revolutionized metal cookware forever. Our stainless cookware still sets the quality standard today.

But our strengths in stainless go much further. Farberware stainless electric Skillets and Woks are beautiful as well as durable, crafted of heavy gauge stainless steel with aluminum-clad bottoms to spread heat evenly, eliminating hot spots and scorching. In the Farberware tradition, they're built to last and last and last.

Farberware's Open Hearth Broiler-Rotisserie is built with the same prescription of rugged stainless steel and a



In a 3-quart Dutch oven simmer artichokes, covered, in boiling water for 20 to 30 minutes or till a leaf pulls out easily. Drain upside down. Cut artichokes in half lengthwise; remove center leaves and chokes.

In a saucepan combine the broccoli flowerets, sliced mushrooms, chicken broth, onion, and thyme. Bring to boiling; reduce heat. Cover and simmer for 8 to 10 minutes or till the vegetables are tender. Stir together wine and cornstarch; add to vegetable mixture. Cook and stir till mixture thickens and bubbles. Stir in pimiento. Cook and stir 2 minutes more. Spoon the vegetable mixture into the artichoke halves; sprinkle *each* with *1 teaspoon* of Parmesan cheese. Place in a 13x9x2-inch baking pan. Bake in a 350° oven for 20 to 25 minutes or till heated through. Makes 6 servings.

Nutrition information per serving: 258 cal., 5 g pro., 11 g carbo., 1 g fat, 2 mg chol., 171 mg sodium. U.S. RDA: 26% vit. A, 82% vit. C, 11% riboflavin.

SOUFFLÉED SWEETS

Fluffy sweet potatoes are a fine make-ahead side dish—

8 small sweet potatoes (about 2 pounds)
1 small apple, sliced into thin wedges
3 tablespoons frozen orange juice concentrate, thawed
2 tablespoons butter *or* margarine
2 egg whites
Honey (about 2 tablespoons)

Scrub the sweet potatoes; remove ends and prick potatoes with fork. Bake in a 375° oven for 45 to 50 minutes or till sweet potatoes are tender.

Meanwhile, in small skillet bring the apple wedges and ¼ cup *water* to boiling. Cover and simmer 1 minute; drain and set aside. Cut a lengthwise slice from the top of each baked potato; discard skin from slice. Scoop out the center of each potato to form a ¼-inch-thick shell. Set shells aside. Add orange juice concentrate and butter to the potato pulp; beat mixture well.

In a small mixer bowl beat egg whites till stiff peaks form (tips stand straight); fold into the potato mixture. Spoon mashed mixture into potato shells. Place in shallow baking pan. Top each stuffed potato with a cooked apple wedge, pushing it slightly into potato mixture. Lightly brush apple and potato mixture with honey. Return to oven; bake 15 minutes or till heated through. Brush with honey again. Makes 8 servings.

To make ahead: Prepare the potatoes and shells as directed *except* do not add the apple. Cover and chill stuffed potatoes. Bake the chilled potatoes, uncovered, in a 350° oven for 30 minutes. Place poached apple wedges on top of each potato; brush with honey. Bake 5 minutes more. Brush with honey again.

Nutrition information per serving: 298 cal., 5 g pro., 62 g carbo., 4 g fat, 9 mg chol., 61 mg sodium. U.S. RDA: 157% vit. A, 259% vit. C, 21% thiamine, 9% riboflavin, 11% phosphorus, 8% niacin, 7% calcium, 9% iron.

s reputation.

design that makes cooking easy. The Open Hearth lets you cook food with no smoke, no spatter. It seals in natural juices while letting unwanted fat drain away, assuring more flavorful and nutritious meats, poultry and fish.

From pots and pans to skillets, woks and rotisseries, Farberware quality sets the stainless standard.

To stock your Farberware stainless kitchen, visit any store where fine cookware and electrics are sold.



FARBERWARE
Subsidiary of Kidde, Inc.
KIDDE



It's no wonder most people keep their kitchen knives in a drawer.

Could you blame someone for trying to keep a knife like this out of sight?

The truth of the matter is, a lot of kitchen drawers are home to knives just like it. Knives that started out looking pretty sharp and ended up being pretty dull.

In most cases, the problem wasn't caused by how the knife was used, but rather by how it was made.



At Chicago Cutlery, we've been making knives for more than 50 years. In that time, we've learned the secrets to making them last longer.

Take our handles, for example. We shape them from solid walnut, then use three solid brass rivets to fasten them to a tang that extends the full length of our knife.

Our blade is made from the finest high carbon stainless steel, so it will stay looking good.

We temper our steel so it will hold an edge longer, then put it through several hand grinding and edging steps to put a smooth tapered edge on the blade.

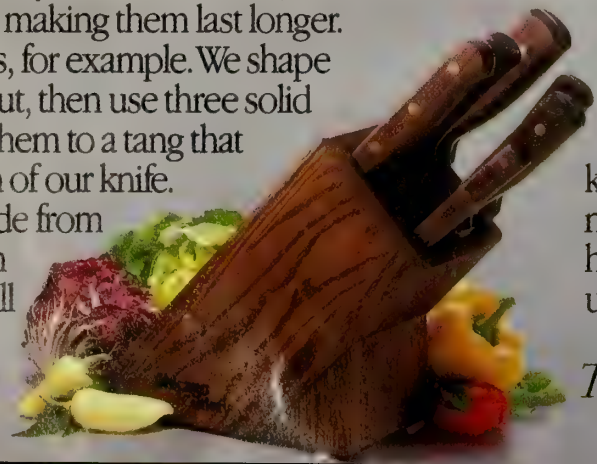


This unique taper grind allows our knife to cut with less resistance than the hollow ground or flat ground edges found on other knives.

These details of hand workmanship might explain why so many people choose to grace their counters with a Chicago Cutlery knife block set. Or to give one as a gift.

Perhaps they realize that an attractive knife block set not only improves the look of a kitchen it's more practical because it always keeps a sharp knife close at hand.

All of which reinforces a belief we've had for some time. Good knives should be kept on counters, not hidden under them.



Chicago Cutlery

The Way All Knives Should Be Made

TERRIFIC GIFTS

If you can't find a gift locally, check with the manufacturer for a list of nearby stores. Please do not send money to a manufacturer. The prices listed are suggested retail, and may vary by store.

Page Z2: Tea For Two—Crabtree & Evelyn, P.O. Box 167, Peake Brook Rd., Woodstock Hill, CT 06281. **K80 camera**—Eastman Kodak Co., 343 State St., Rochester, NY 14650. **Little Drummer Box, Room Fragrance Spray, Refresher Oil**—Aromatique, P.O. Box 309, Heber Springs, AR 72543.

Page Z4: Swiss Gold Cup O' Tea—Bendow, Ltd., 120 Federal Rd., Brookfield, CT 06804. **Clothes Shaver**—Windmere Corp., 4920 NW. 165th St., Hialeah, FL 33014. **Hugg-A-Planet® Earth**—International Playthings, Inc., 116 Washington St., Bloomfield, NJ 07003.

Page Z5: Hanna Iron—Hanna Enterprises, Inc., 1 Madison St., East Rutherford, NJ 07072. **Folding Bicycle**—Dahon California, Inc., 17924 Star of India Ln., Carson, CA 90746 or phone 213/217-8867.

Page Z8: Donvier Cordially Yours—Nikkal Industries, Ltd., P.O. Box 2636, Virginia Beach, VA 23450. 800/334-4559 outside Virginia; in Virginia 1-804/431-2818. **Scrabble computer game**—Virgin Games, 1616 Butler Ave., West Los Angeles, CA 90025. **SideKick Ratchet Tool (Model No. 5061)**—Askars Mfg. Co., Hand Tool Div., 7811 W. Stewart Ave., Wausau, WI 54401.

Page Z10: Christmas bell, silver and pewter plate—J.C. Boardman & Co., 64 Hartford Turnpike, Wallingford, CT 06492. **Hoover Dubl-Duty Wet & Dry Hand Vac**—The Hoover Co., North Canton, OH 44720. **Munching Ware**—Tyke Corp., 1165 N. Clark St., Suite 400, Chicage, IL 60610.

Page Z13: Model VM6300 Compact VHS Camcorder—Zenith Electronics Corp., 1000 Milwaukee Ave., Glenview, IL 60025. **Cool Touch Toaster**—Bowenta Inc., 281 Albany St., Cambridge, MA 02139.

Page Z14: Art Deck, Where in the World, Dinosaurs and Things—Aristoplay, Ltd., 334 E. Washington St., P.O. Box 7028, Ann Arbor, MI 48107. **AwardWare**—Hi Tech Expressions, 1700 NW. 65th Ave., Suite 9, Plantation, FL 33313. **Spacemaker Popcorn Center**—Black & Decker, 6 Armstrong Rd., Shelton, CT 06484.

Page Z16: Sharp EL-470 Travel Partner—Sharp Electronics Corp., Sharp Plaza, Mahwah, NJ 07430. **Power Shelf**—Vermont American Tool Co., P.O. Box 340, Lincolnton, NC 28093-0340. **Baldwin South Pacific Collection**—Baldwin, 841 E. Wyoming Blvd., Box 15048, Reading, PA 19612.

continued on page Z2

If you buy a microwave with a carousel, you're being taken for a ride.

Unless you want to be the proud owner of a lot of wasted space, you'd be better off with a Toshiba.

Our rotating cooking arm does what a carousel was designed to do: cook evenly. What it doesn't do is limit your cooking area to a tiny circle inside your microwave. Along with more useable space, you also get our Jet Defrost™ system, five-stage programming and nine power levels (a necessity for the power hungry).

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TERRIFIC GIFTS

IDEAS FOR THE FAMILY

By Tom Jackson
and Nancy Hall

STUMPED FOR GIFT IDEAS? WORRY NO MORE. WE WENT SHOPPING AND CAME BACK WITH A SAMPLING OF IDEAS THAT OFFERS SOMETHING FOR EVERYONE IN THE FAMILY.

TEA FOR TWO

An old-fashioned afternoon delight

For a midday lift it's hard to beat a spot of tea and a light snack. The Crabtree and Evelyn Tea for Two package contains all the ingredients for a classic afternoon tea. The 1920s-style box includes English breakfast tea in bags for a refreshing pick-me-up, and butter cookies and liqueur preserve topping to satisfy your appetite. $12.50



All the ingredients for a light picnic.

The ribbons, wrappings, ornaments, and decorations in these photographs were provided courtesy of the Hallmark Corp.



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Worry-free photos indoors or out

Load and shoot. That's all you have to do with the Kodak K80 35-mm camera. It automatically advances and rewinds film, focuses, and adjusts to the film speed and lighting conditions. A built-in flash for low-light situations and a prefocus button for tricky compositions add to convenience. $145.



SCENTS OF THE SEASON

Odors rekindle the holiday mood

Open the Little Drummer Box ($25) and inhale the spicy scents of Christmas. Topped with cinnamon drumsticks, the box holds a 1-pound bag of potpourri packed in a bed of wood chips. For quick fixes use the aerosol can of Room Fragrance Spray ($8) or Refresher Oil ($7).

Buying information, page Z1

continued on page ZA

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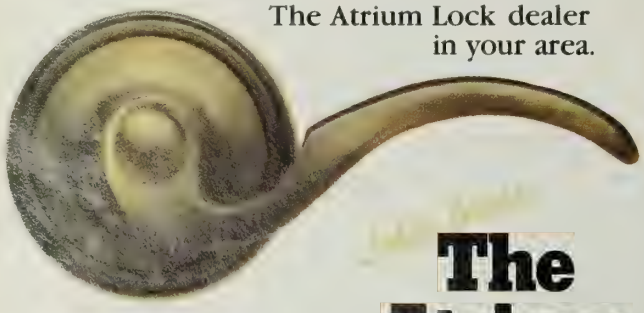
The Perfect Opener This Holiday Season



Do something nice for your home this holiday season. Give it The Atrium Lock® and open the door to an exciting new interior look.

Nothing adds elegance to interior doors like The Atrium Lock. Our secure, lever-style lockset comes in antique or polished brass in privacy, passage and dummy models. It's easy to install, replacing your old knob-style locksets in minutes. But best of all, it's affordable — far less expensive than comparable locks.

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The Atrium Lock®

continued from page Z2

PERMANENT GOLD TEA FILTER

Fresh tea with no fuss

Abandon the dunk and drip routine of tea bags forever with the Swiss Gold Cup O' Tea permanent tea filter. Instead, you use loose leaf tea which, when stored in airtight cans, stays fresher and keeps its flavor longer. Simply fill the Swiss-made gold-plated tea filter with tea leaves and lower it into a cup of hot water to steep. The gold will not affect the taste. $15.



Brews fresh tea easily with little fuss or muss.

FUZZ BUSTER FOR CLOTHES

Shave away those pills

Save your clothes by shaving them. Pills, fuzz, and nubs will appear on most clothes after a time, and the Windmere Clothes Shaver trims off the offending fibers and restores a smooth appearance. The fibers are pulled up and away from the fabric before they are sliced off by three self-sharpening blades. Powered by one C battery, the shaver can be used on blankets and draperies, too. $15.



Improves looks and brings new life to fuzzy old clothes.

SOFT GEOGRAPHY

A whole earth toy

They'll be sittin' on top of the world with a Hugg-A-Planet®. This soft globe comes in three sizes and illustrates the world's countries, continents, and oceans in bright colors. The globe is covered with a cotton-polyester fabric and stuffed with foam. Use it as a pillow, toy, or educational device. Small, $8; medium, $18; large, $150.

Buying information, page Z1.



Huggable planet gives kids a global outlook.



SLENDER TRAVEL IRON

Packs flat for traveling

When suitcase space is critical, the 8-ounce Hanna Iron folds up flatter than a paperback book. The adjustable temperature settings work for a variety of fabrics and a heel-rest allows the iron to be stood on end between strokes. The iron comes with a carrying pouch and measures 6½ inches long and 4 inches wide. $30.





No one will ever guess it's a bike folded up inside a box once it's wrapped and under the tree.

FOLDING BICYCLE

Compact bike stores anywhere

Take this bike anywhere and unfold it in seconds. The Dahon Folding Bicycle folds into a convenient package that can be carried on a bus, plane, train, recreational vehicle, or boat. Its size allows you to store it safely even in a small car trunk, and it folds and unfolds without tools. $190, single speed; $230, three speed.

Buying information, page Z1.

continued on page Z8

TV Picture Simulated.



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Presenting the GE Spacemaker® Color TV/Radio.

It's a colorful addition to our line of top-notch kitchen entertainment products.

Like all GE Spacemaker® models, our color TV/radio is mounted under the cabinet. So it's up out of your way.

That makes it a handy way to catch the weather report over breakfast. Or catch some tunes while you cook up a storm.

What's more, it swivels—for the best view from any angle. Plus, you can detach it for portable use. And it's also available in black and white.

Isn't it high time you checked out the GE Spacemaker® line for your kitchen?

We bring good things to life.

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Springmaid

WIN A LUXURY CARIBBEAN CRUISE FOR TWO!



Hundreds of other prizes, too*.

The grand prize: **CUNARD** A 7-day fly/cruise vacation for two on Cunard Countess, the Caribbean's showcase luxury liner, with stops at exotic ports of call. **To enter:** Just pick up your entry form at participating In-Sink-Erator dealers. (Or mail your name and address, and your In-Sink-Erator dealer's name and address on a 3" x 5" card to Performance Plus Sweepstakes, P.O. Box 4500, Northbrook, IL 60065.)

See the new Performance Plus disposers at your In-Sink-Erator dealer. They're built better. Designed better. And backed by our most extensive warranties ever. For replacement or kitchen remodeling, they're your best choice.



*No purchase necessary. If you win, your In-Sink-Erator dealer also wins an identical trip or prize. Sweepstakes ends April 15, 1988. Rules available at participating In-Sink-Erator dealers. Void where prohibited. Cunard Countess is of British Registry

IN-SINK-ERATOR®

Built better. Backed better.

TERRIFIC GIFTS

continued from page Z5

CUSTOM HOME-CORDIAL MAKER

Captures fruit flavors

Design your own drinks, desserts, and toppings this winter with the Donvier Cordially Yours cordial maker. Add the ingredients of your choice and the appliance extracts the flavors. By adding alcohol you can create custom liqueurs; or skip the alcohol and create a base syrup for desserts or other recipes. Makes up to six cups and comes with recipe book. $65.

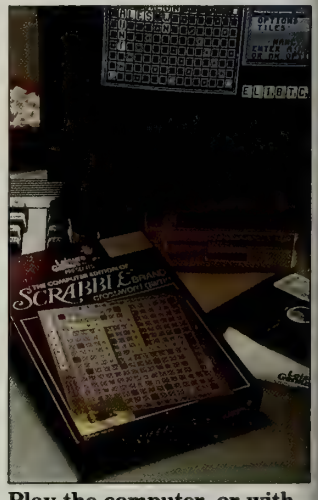


Cooks up a syrup for drinks or desserts.

COMPUTERIZED SCRABBLE GAME

Challenge the computer

You can't cheat on the computer, but you can have loads of fun. With this personal computer Scrabble game the software package offers four different levels of play and a telephone modem capability to play distant competitors. Up to eight people can play at one time; you can compete one-on-one with the computer, or you can have the computer join a group game. $40.



Play the computer, or with friends on the telephone.

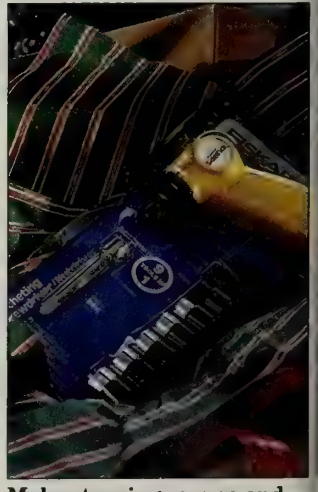
SIDEKICK RACHET

Pistol grip packs punch

Armed with screwdriver tips or sockets, the handle on this Fiskars Side-Kick Ratchet Tool gives you extra leverage and turning power. An on-shank spinner quickly tightens loose screws or nuts before final tightening. Attachments include five ⅜-inch drive sockets, a 3-inch extension, and four screwdriver tips. $19.

Buying information, page Z1.

continued on page Z10



Makes turning screws and nuts easier and faster.



F. Ramond®

Introducing *Nu Romantic*™

The classic elegance of frosted crystal
the contemporary flair of beveled acrylic
create a new romance–available in polished brass or chrome



Look for the
F. Ramond®
signature of
excellence

FREDRICK RAMOND™

DESIGNERS & MANUFACTURERS OF ORIGINAL LIGHTING FIXTURES

This versatile collection of quality lighting from
chandeliers, pendants, wall, ceiling and portable lamps
is a unique blend of artistry and materials, hand crafted
in America and available through select distributors nationally.

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DALLAS SHOWROOM: 10085 World Trade Center – Dallas, Texas 75258

continued from page Z8



SILVER BELL AND PLATE

Keepsakes for future memories

Treasured holiday memories are often brought back with a special gift. Inscribed with Christmas and the year 1987, this sterling silver bell ($70) and silver ($80) or bright-finish pewter ($88) plate will serve as a reminder of this holiday season. The bell has a loop at the top for hanging as an ornament and measures 2 inches high and 2 inches wide.

WET-AND-DRY HAND VAC

Makes quick work of spills

Convenience is the key to this Hoover Dubl-Duty hand-held wet/dry vac. Cordless and battery powered, the vacuum will operate for seven minutes on a full charge. It has a washable, reusable filter and a transparent dirt cup that holds up to 8 ounces of liquid and eliminates the need for disposable bags. The vacuum stores on its own recharging wall rack. $30.



Grab and run when spills strike.



Skid- and tip-proof for messy eaters.

TABLEWARE FOR TOTS

Help for the high chair set

This kid-smart Munching Ware won't tumble every time a tot bumps it. Broad bases help prevent tipping, pads stop sliding, and built-in saucers catch spills. The straight sides on the plate and bowl make it easier for children to get food onto a fork or spoon. $15 per set.

Buying information, page Z1.

continued on page Z13

An Extraordinary Resort
Should Be Everything You've Heard.



Listen to what they're saying about Longboat Key Club and you'll hear some extraordinary things. Like the fact that we offer golf on two championship courses overlooking the Gulf of Mexico and Sarasota Bay. You'll learn about our tennis on 30 Har-Tru courts. And everything they say about the award-winning dining and exceptional service is true. But what really makes this such a memorable experience is the enticing combination of Four Diamonds, Four Stars and miles of dazzling white beach on a tropical island enclave. That's Longboat Key Club. For information and reservations, call **800-237-8821.** In Florida, **800-282-0113.** Or write 301 Gulf of Mexico Drive, Longboat Key, Florida 34228, 813-383-8821.

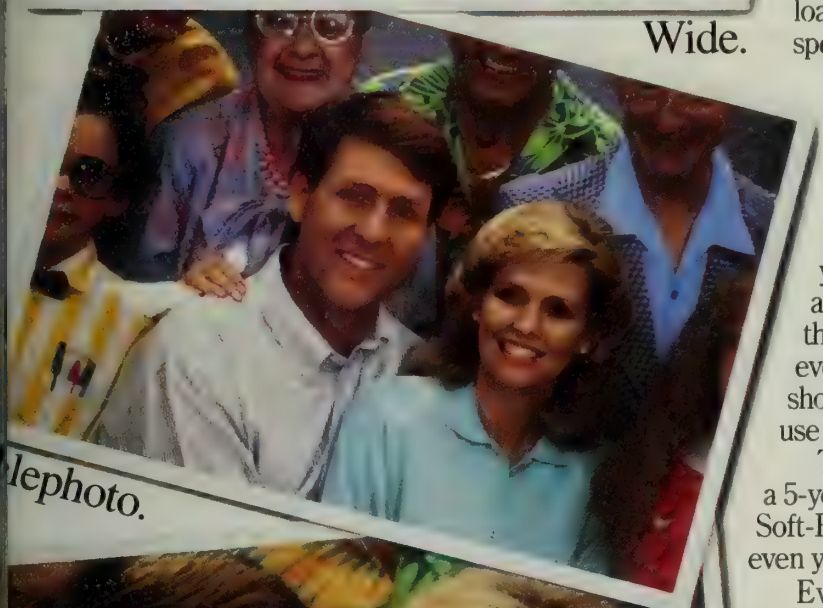
ENTER THE REALM OF THE EXTRAORDINARY LONGBOAT·KEY·CLUB
An Arvida Resort Community

© 1987 Arvid

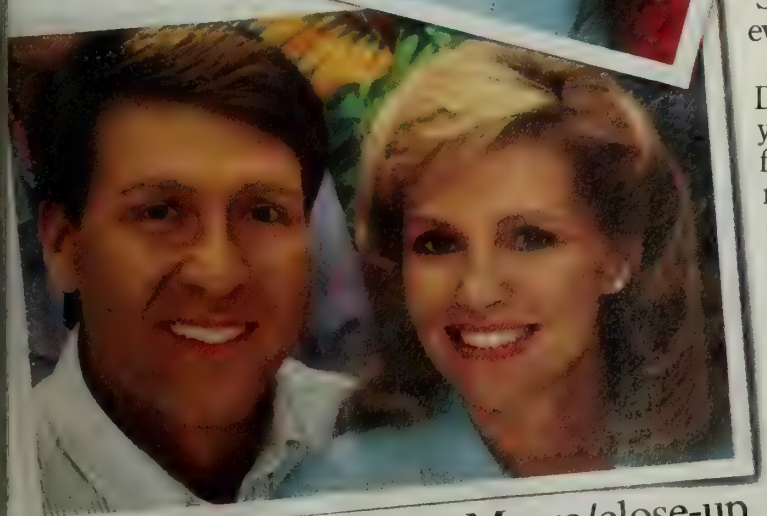
How to get rid of unwanted relatives.



Wide.



Telephoto.



Macro/close-up.

Shoot 'em. With the new slim Nikon Tele-Touch Deluxe dual lens camera.

With a touch of a button you can set it on 35mm wide angle and take a group shot.

Or on 70mm telephoto you can bring the family closer, making them twice as big, but still maintain your distance.

And with macro/close-up you can get even closer, portrait close, to your favorite relative.

Of course, the Nikon Tele-Touch Deluxe comes equipped with all the great features you'd expect. Like autofocus, auto-film loading, auto-rewinding and auto DX film speed setting.

But it has some features you wouldn't expect. Like a multi-element lens system, with the high quality optical glass that made Nikon famous. And Advanced Smart Flash, that assures perfect flash exposures, and warns you if you're too close or too far away. It also automatically brightens subjects when they're in the shadows or back-lit. You can even cancel the flash operation for creative shots in available lighting. So any way you use it, you get perfect flash exposures.

The Tele-Touch Deluxe also comes with a 5-year Lithium battery, and a special built-in Soft-Effect filter, that can make any relative, even your mother-in-law, look great.

Even though the Nikon Tele-Touch Deluxe is loaded with features, it won't load you down. In fact it's the thinnest and lightest of all dual lens cameras.



With all these features, shooting great pictures of your relatives is so easy, it's a crime.

Nikon

We take the world's greatest pictures.®

Nikon USA CLUB

One year membership in the Nikon USA Club is free with every purchase when you submit the Nikon USA Club application. For further information write: Dept. N12, Nikon Inc., 19601 Hamilton Ave., Torrance, CA 90502-1309. © Nikon Inc., 1987

Is the name of someone special here?

ADELE
ADRIENNE
ALISON
AMANDA
AMY
ANDREA
BELLE
CAROL
CATHERINE
CHARLOTTE
CHERIE
CHRISTINE
CISSIE
CORALIE
CYNTHIA
DEBBIE
DENISE
DIANA
DONNA
ELAINE
ELLEN
ELYSE
GAIL
GILLIAN
HEATHER
HELEN
ISADORA
JACQUELINE
JANET
JANINE
JENNIFER
JOANNE
JUDITH
JULIA
JULIE
KAREN
KATE
KATHLEEN
KATHY
KELLY
KERRY
KIRSTY
LAURA
LESLEY
LINDA
LISA
LORI
LYDIA
LYNNE
LYNSEY
MANDY
MARGARET
MARIE
MARILYN
MELISSA
MICHELE
MONICA
NANCY
NELL
NICOLA
NINETTE
PAMELA
PAULINE
PENNY
RACHEL
REBECCA
ROSE
SANDRA
SARA
SHARON
SHEILA
SHIRLEY
SOPHIE
STEPHANIE
SUSAN
TRACY
VALERIE
VICTORIA
WENDY
YVONNE

AND NAMES FOR A SPECIAL OCCASIO

AFFECTION
BABIE
BRIDE
BRIDESMAID
CHRISTMAS MORN
DARLING
FAIR LADY
FAIR MAIDEN
FIRST DANCE
GOOD FRIENDS
HAPPY ANNIVERSARY
HAPPY BIRTHDAY
HOME AGAIN
MERRY CHRISTMAS
MY LOVE
SECRET MOMENT
SECRET THOUGHTS
SUNDAY BEST
SWEET DREAMS
SWEET SEVENTEEN
TAKING THINGS EASY
THE GRADUATE
THE LAST WALTZ
THE LOVE LETTER
YOUNG LOVE



If so why not buy her a special figure bearing her name?

Royal Doulton
Setting the style.

ontinued from page Z10



OPEN THIS FIRST

Capture the fun and frolic on film

Christmas morning memories can be recorded permanently with this lightweight VM6300 Compact VHS camcorder. The 3.3-pound device records sounds and color mages on a VHS tape not much bigger than a deck of cards. 'o see what you've filmed, plug the camcorder directly into our TV or VCR—no need for a playback device. For an nstant look at your work, you can also review the film nrough the viewfinder. $1,400.



BIG BREADS TOASTER

Stays cool to the touch during use

With its 1¼-inch-wide mouth the Cool Touch Toaster takes on pastries like croissants, bagels, or hand-sliced bread. The plastic exterior remains cool and safe to uch while toasting. Optional accessories include top-ounted bun warmer and a sandwich toaster. Toaster $42; andwich toaster, $15; bun warmer, $10.

uying information, page Z1.

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It's hard to believe but it's true. If you're heating your home without a humidifier, you'd be better off living in the Sahara Desert, where the humidity level is twice as high as your non-humidified home.

Fortunately, an Aprilaire® humidifier can provide the humidity your thirsty home needs. Aprilaire eliminates the parched air in your home or condominium which causes itchy skin, a scratchy throat, static electricity and other irritations. And as the added moisture makes you feel more comfortable, it also protects your home and furnishings from the damages caused by air that is too dry.

You can begin enjoying the benefits of an Aprilaire humidifier in your home no matter what type of heating system you have. To change your home's desert dry environment to a spring-like freshness, have your heating and air conditioning contractor install an Aprilaire humidifier today.

For more information send for our free Humidification Facts Booklet. Or call toll free 1 800 356-9652 (in WI call 608 257-8801).

Aprilaire® HUMIDIFIER

Research Products Corporation
Dept. BHG P.O. Box 1467
Madison, WI 53701

Name:_____

Address:_____

City:_____ State:____ Zip:_____

Phone:_____

Send me ____ Humidification Facts Booklet

____ Name of nearest Aprilaire dealer



"CREATIVE HOME LANDSCAPING." Introducing the most comprehensive landscape book ever assembled, from the nation's number one source of garden and how-to information. ORTHO has packed this book with planning ideas and building techniques to beautify any yard. Plus, there's an encyclopedic guide to over 400 different plants...including a color photo showing each plant in its adult stage as well as a map of its appropriate growing zones. $24.95.

SAVE $5 ON "THE BIRDS AROUND US." The best-selling and most thorough book of its kind now comes with a *$5 rebate.* The Birds Around Us shows how to attract, observe, photograph and identify over 125 North American bird species. A gift for all ages, it contains 300 color photographs, plus original paintings of bird life. Introduction by the noted bird expert Roger Tory Peterson. 352 pages. $24.95. $5 rebate good Sept. 1, 1987, to March 31, 1988.

TERRIFIC GIFTS

continued from page Z13



GAMES SCHOLARS PLAY

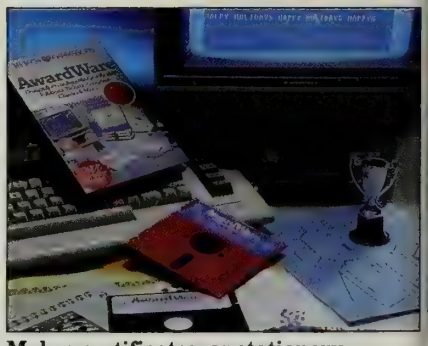
Pursue cultural and scientific facts

Everyone can learn from this collection of board games. *Art Deck* ($24) challenges your knowledge of the master painters. *Where in the World* ($35) is a geography stumper with cultural and economic information, and *Dinosaurs and Things* ($20) introduces prehistoric events and creatures. Different skill levels are offered for different ages.

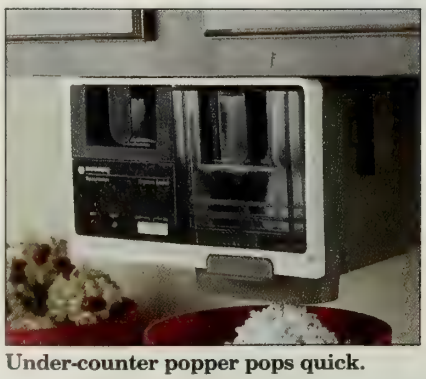
CHAMPIONSHIP SOFTWARE

Personalized awards for local heros

Do you know a lot of winners, achievers, and champions? Then this AwardWare software package combined with a color graphics printer and home computer can help you create awards and certificates for personalized recognition. A choice of borders, type fonts, and graphics can produce certificates, stationery, or a variety of printed creations. $15.



Makes certificates, or stationery.



Under-counter popper pops quick.

UNDER-COUNTER POPCORN

Saves space, makes snacks

Whether you eat it or string it on the tree, you can make your popcorn with under-counter convenience using the Black & Decker Popcorn Center. The appliance uses hot air to pop the kernels, a removable drawer for measuring and loading, and a built-in cup to melt butter. $52.

Buying information, page Z1.

continued on page Z16



elcome to my
our Seasons® solar health spa.™

here you don't have to be rich and famous to work-out in the sun. *–Robin Leach*

n can turn an ordinary room into a spectacular spa rmed by the rays of el sol. Soak up the sun. And e up those muscles in your own personal paradise. The Four Seasons greenhouse is available in nine ferent customized room designs. Choose from care- e bronze and white aluminum or curved laminated od frames. Options include Heat Mirror™ Glass, lt-in shades and patented venting system. oin me in the Four Seasons lifestyle by adding e to your home. Visit a Four Seasons Design & nodeling Center near you. You're sure to say Ole. ct now to get special package deals on whirlpool s and free exercise equipment.*

ge deals at participating centers only. Contact center for details.
od on orders placed 11/1/87 thru 12/31/87.

Four Seasons Solar Products Corp.

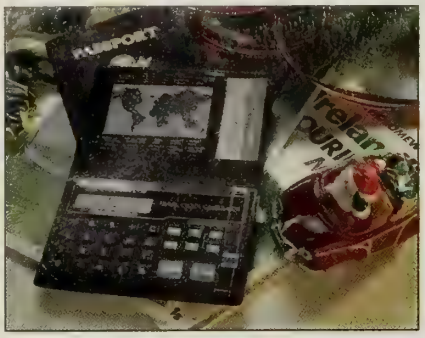
Call toll-free **1-800-FOUR SEASONS,** for a FREE full-color catalog and the location of the design center near you.
Over 200 locations nationwide.

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Dept. BHGSS1287
5005 Veterans Memorial Hwy.
Holbrook, NY 11741

FOUR SEASONS GREENHOUSES®
Design & Remodeling Centers

Outdoor Living For A Lifetime™

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CALCULATING TRAVELER

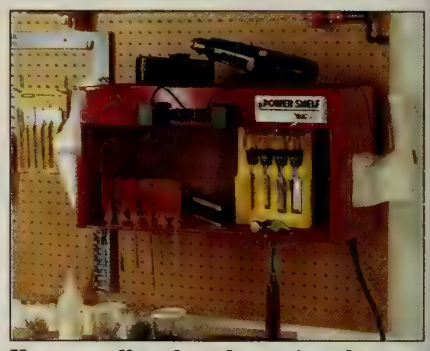
Figure foreign currencies fast

How much is that in dollars? At the push of a button the Sharp EL-470 Travel Partner will give you dollar amounts for any foreign currency. This pocket calculator also gives the time in two time zones, displays the date, calculates regular arithmetic functions, and offers a 24-hour alarm clock for early morning wake-ups or appointment reminders. $35.

CORDLESS TOOL STORAGE

Recharge up to six tools

Provide a home for your cordless power tools. On the Vermont American Power Shelf up to six tools can recharge their batteries at any given time. The wall-mounted shelf has a side hanger for extension cords; a UL approved power outlet with a circuit breaker and reset button; and predrilled holes for attaching tool storage bases to the side. $40.



Keeps cordless from becoming clutter.



Tabletop accessories from the tropics.

SOUTH PACIFIC SURPRISES

Gifts of coral and petrified wood

Mine the South Pacific Collection for tabletop treasures. You'll discover handcrafted accessories made from such tropical materials as petrified wood and coral. The collection includes picture frames, rectangular and vaulted boxes, a tea caddy, and card and pencil boxes. From $50 to $150. BH&G

Buying information, page Z1.

GAS
FOR THE WAY IT COOKS.



For literature write KitchenAid, Dept. AG87, P.O. Box 3900, Peoria, IL 61614.

KITCHENAID®
FOR THE WAY IT'S MADE.™

The new KitchenAid gas cooktop with a built-in grill/griddle combines the best of two worlds, giving you the precise temperature control of gas with the even heat distribution of specially designed KitchenAid DAISY® Burners.

And what a breeze to clean. The whole top lifts up for easy access and the stick-resistant permanent finish grill/griddle plate pops out to wash in the dishwasher.

Designed to fit virtually all 33" and 36" cooktop cutouts, the KitchenAid gas cooktop is made for today's top cooks.

KitchenAid

When it comes to cooking, gas is the number one choice among fine chefs.

© 1987 American Gas Association

GAS. AMERICA'S BEST ENERGY VALUE.

CHRISTMAS



COUNTRY STYLE

By
Jim Williams
and
Jilann Severson

Welcome to a country woodland retreat alive with Christmas—from pierced-paper-bag luminarias on the front steps to the ornament-filled trees and lovingly handcrafted toys and gifts inside. Forest and stream lend natural objects and quaint country touches that you can use to spruce up your home for the holidays.



COUNTRY STYLE

Objects from nature, gathered over time, can personalize your Christmas celebration while fostering fond memories of past family adventures.

SAND DOLLAR TREE

Sometimes the simplest of things can make the most elegant tree. Starfish and sand dollars saved from a long-ago vacation sparkle on a fresh-from-the-forest pine. Garlands of string and dime-store fishing bobbers carry out the waterside theme.

QUIET FAMILY TIMES

A little wooden boat will delight any youngster—especially when it's handcrafted by Grandpa as a special present.

To order Boat project plans, see page 178.



SHORELINE INTERPRETATIONS

A miniature pinecone wreath can be used as a tree ornament or a small decorative gift. Objects found on beaches and shores are glued to pinecones affixed to a hardboard base. Elegant "Christopher" plate and "Shell" sterling flatware by Angela Cummings for Arita. "Neptune Collection" crystal and candlestick by Dansk.



PHOTOGRAPHS: WILLIAM STITES. DESIGN CREDITS, PAGE 48

Index of instructions, page 154.
Buying information, page 180.



COUNTRY STYLE

Celebrate Christmas throughout the year with a handsome woodland motif of stately pines and majestic stags on handcrafted accents for your home.

HOLIDAY ACCENTS

Filet crochet Stag and Pine Tree pillow and window ornament help set the mood for Christmas dinner in the deep woods. An antique sailboat, a treasured toy from generations past, finds a spot as a centerpiece. The unadorned tree fills the room with the fresh scent of pine and brings a little of the wilderness inside.

STAG AND PINE TREE SAMPLERS

Greet guests all year-round with our cross-stitched woodland samplers. Perky polka-dot mats of wallpaper scraps add a country touch.

To order Sampler kits, see page 178.



PLACE MATS

Here's a chance to exhibit your fine stitching skills. These Stag and Pine Tree cross-stitch borders on Christmas place mats are sure to become family heirlooms.

To order Place Mat kits, see page 178.



CHRISTMAS PLACE SETTING

Christmas dinner will be especially festive on red wool place mats. "Ontano" wooden buffet plate by Vietri; "Woodgrain" plate by Angela Cummings for Arita; "Queen's Bird" stone china by Spode. "Colonial Tipt" flatware by Gorham.



PHOTOGRAPHS: WILLIAM STITES. DESIGN CREDITS, PAGE 48.

Index of instructions, page 154.
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COUNTRY STYLE

Vintage wicker, a red enameled wood stove, and rustic lodgepole bookshelves create country surroundings.

COUNTRY TOYS AND CRAFTS

Mama Bear and large wooden boats await squeals of delight from youngsters on Christmas morning. Handcrafted holiday touches include a "Garden Path" quilt and the fish lure, awning stripe, and cardboard star ornaments on the tree.

To order Boat project plans, see page 178.

SHELL AND PINECONE WREATH

Giant shells form a natural wreath with pinecones, a starfish, and a twine bow. Use purchased shells or those the family has collected.

A FESTIVE CORNER

Gather greens, blackberry brambles, and goldenrod from forest and field and tuck them into a basket. Hand-painted fish decoys by John Nelson from the Museum of American Folk Art Shop.

Index of instructions, page 154.
Buying information, page 180.

COUNTRY STYLE

Let touches of the rustic woodlands inspire your creative talents. Here you'll find a collection of toys, ornaments, and gifts that will add warmth and enchantment to your yuletide.



PAPER-PUNCHED LUMINARIAS

Ordinary bags with a paper-punched tree design glow as instant luminarias. Make them by the dozens to line the walk or yard with a special welcome.



YULETIDE GREETING

Mountain laurel, pine, and blackberry brambles turn an old fishing creel into a festive holiday welcome. A bright yellow bow and old fishing lures add color.



CROCHETED WINDOW DECORATION

For a one-of-a-kind holiday display, work our Stag and Pine Tree design in old-fashioned filet crochet. Finish by mounting between clear acrylic for many years of Christmas enjoyment.

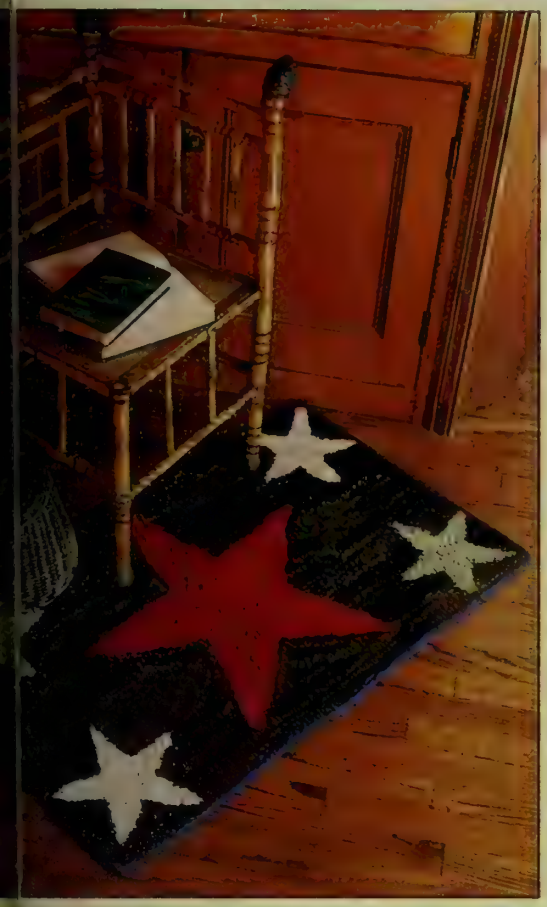


WOODEN TUGBOAT

Little landlubbers will be amazed to find this giant tug really floats. It's constructed with shaped and layered pieces of scrap lumber and finished with white paint and waterproof varnish.

To order Boat project plans, see page 178.

PHOTOGRAPHS: WILLIAM STITES



FIVE STAR RUG DESIGN

Stars give a festive touch to this wool hooked rug. Work each star in a solid color, then fill in the background with random patterns of related colors.

COLORFUL WOOL JACKET

A Pendleton Indian-blanket coat fashions a great woolly cover-up. Check yardage amounts carefully, then stitch up an unstructured jacket in a pattern of your choosing.





RUSTIC ORNAMENTS

Folk-art fish sport thumbtack eyes and fanciful patterns. Bright colored yarns transform plastic-foam balls into awning-stripe ornaments.

To order Fish project plan, see page 178.

FAMILY FRIENDS

Although definitely an outdoors-type family, Mom, Pop, and Junior Bear would be happy to visit and help you celebrate.

To order full-size Bear patterns, see page 178.

Credits, page 48.

Index of instructions, page 154.

Buying information, page 180.





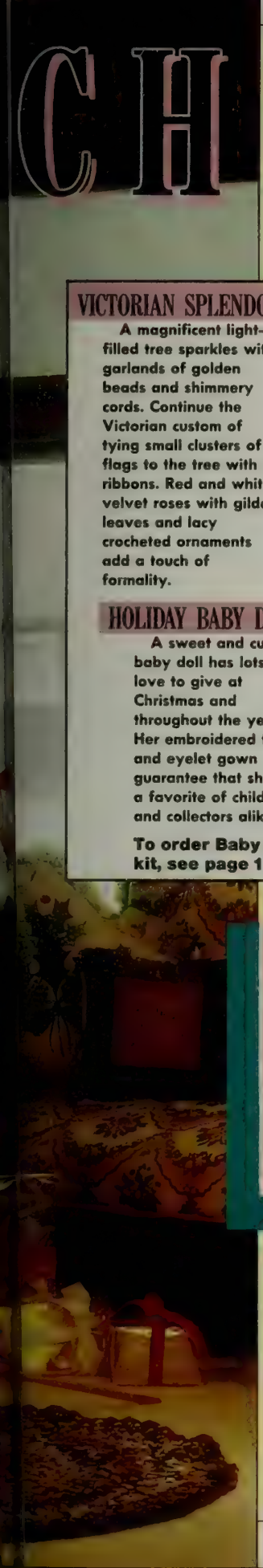
VICTORIAN PONY

Our intricate pony and rider bob and rock with each turn of the wheels. Craft this heirloom-quality mechanical toy from oak plywood using our project plan.

To order Victorian Pony project plan, see page 178.

BETTER HOMES AND GARDENS, DE

CHRISTMAS



VICTORIAN SPLENDOR

A magnificent light-filled tree sparkles with garlands of golden beads and shimmery cords. Continue the Victorian custom of tying small clusters of flags to the tree with ribbons. Red and white velvet roses with gilded leaves and lacy crocheted ornaments add a touch of formality.

HOLIDAY BABY DOLL

A sweet and cuddly baby doll has lots of love to give at Christmas and throughout the year. Her embroidered face and eyelet gown guarantee that she'll be a favorite of children and collectors alike.

To order Baby Doll kit, see page 178.



VICTORIAN STYLE

The splendor of Victoriana glitters and glows with warmth on Christmas Eve. History and customs combined with contemporary flourishes create a long-remembered magical holiday. Here you'll find traditions and romance that blend to form a grand display of elegant holiday accents to make and give.



VICTORIAN STYLE

On Christmas Eve, little ones find it hard to sleep knowing Santa is coming to fill stockings and pile presents under the tree.



VICTORIAN HAND AND HEART TREE

Delight the children with a tree that's just for them. Tiny embroidered mittens, hand-stitched muslin gloves, crazy-quilt hearts, and fresh baby's-breath decorate a delicate tree that they will always remember.

To order Glove and Mitten Ornaments kits, see page 178.

BIG AND LITTLE SISTER DOLLS

Your child will be best friends with these rag dolls dressed in their holiday finest. Playful string hair and naive faces give them an endearing look that is all their own.

To order Sister Dolls kits, page 178.

VICTORIAN PORTRAITS

Stencil portraits on velvet for memorable handcrafted gifts. With just a little practice, the stenciling technique can be personalized to look like almost any child by changing just a few details.

JINGLE-BELL STOCKING

Let Santa tuck his treasures into a Victorian stocking trimmed with velvet, cord, and golden bells. Metallic trapunto machine stitching adds sparkle to Waverly's "Mackinaw" fabric.





PERRY STRUSE

Index of instructions, page 154.
Buying information, page 180.

VICTORIAN STYLE

Let the romance and nostalgia of Victoriana fill your holidays this year. Here you'll find an array of handmade gifts, toys, and ornaments to make your Christmas the merriest ever.



PIERCED-PAPER DOVE

Crisp white paper, pierced and curled, forms this delicate dove. The technique is so easy that you'll want to cut out a whole flock for package trims and tree decorations.

To order Dove kit, page 178.



BEAR PULL TOY

Tots will love this Victorian teddy. The old-fashioned pull toy sports a jingle-bell collar.

A little girl's Christmas pinafore is extra-special with a lace-net darning inset of bunnies.



GILDED WALNUT TREE

Re-create a cherished Victorian tradition of hanging golden walnuts on the Christmas tree. Spray walnuts with gold paint, then glue a bell cap to one end. Hang each one from the tree with florist's wire.

ALPHABET TREE SAMPLER

A cross-stitch alphabet arranged in a tree shape forms a clever Christmas sampler. Machine stitches outline the fabric mat. A velvet rose and flags nestled among the greens call special attention to the needlework.

To order Sampler kit, page 178.





HOLIDAY PILLOWS

Stitch some festive holiday pillows for your home. Machine-appliquéd holly sprigs decorate a ruffled linen pillow. Metallic cross-stitching accents the golden threads woven into Charles Craft's "Christmas Plaid" fabric.

To order Holly Pillow full-size pattern, see page 178.

VELVET ROSES

Strips of twisted and tied fabric form plush Christmas roses. Combined with gold silk leaves, fresh holly, wheat, and ribbons, they add a romantic flourish to an evergreen wreath.





CHRISTMAS FINERY

Dress up for the holidays in our stylish Victorian pullover of Reynolds' "Kitten" yarn and our velvet toddler's pinafore with lace inset.

VICTORIAN ORNAMENTS

Simple crochet stitches are combined to work into each of the three fanciful crocheted ornaments. Striped fabric coils twisted together form our "peppermint" wreaths.

Designs, page 48.

Index of instructions, page 154.

Buying information, page 180.



FABULOUS HOLIDAY FOOD FOR BUSY, BUSY FAMILIES

EASY, FESTIVE RECIPES TO MAKE AHEAD OR FIX FAST



By Barbara Greenwood

ANY-TIME APPETIZERS

SURPRISINGLY SIMPLE, YET UNDENIABLY ELEGANT

1. YOGURT DILL BREAD

Bake ahead, then freeze

A tender, tangy batter bread based on quick-rising yeast. Come serving time, simply thaw bread and set on a ring of cheese slices.

2. PEPPED-UP CHEESE BAKE

Assemble in five minutes

Only five ingredients plus toppers—all the keep-on-hand type. Micro-cook a mere five minutes for an irresistible, creamy dip.

3. HOLIDAY APPLE FLING

Mix and store

Steep cinnamon in both apple and cranberry juice for an always-ready whistle wetter. Just add champagne or ginger ale to serve.





Recipes begin on page 133.

TO ORDER A FLUTED TUBE PAN AND SERRATED CHEESE CUTTER, SEE PAGE 178.

4,5. PARMESAN PUFFS HAM-ONION BITES

Use one cheese dough to make both appetizers

Mound the Parmesan dough and bake 20 minutes for melt-in-your mouth puffs. Or, pipe the dough around a tasty filling for Ham-Onion Bites.

6. SALMON ON CORN CAKES

Cook ahead to freeze

Posh, elegant, and would you believe simple, too? Warm the flapjacks in your oven before adding the classy toppings.



FABULOUS HOLIDAY FOOD

READY-TO-SERVE SWEETS

SPEND LESS TIME BAKING, MORE TIME MAKING MERRY



1. HOLIDAY SPIRAL LOAF

Fix and serve in 50 minutes

Roll up cashews and candied cherries in a convenient refrigerated bread dough. It's a nut- and fruit-lover's paradise—a busy cook's dream come true.

2. MINCEMEAT BREAD WREATH

Bake ahead and freeze

Wow! Spicy mincemeat and applesauce really jazz up easy-to-make bread mix. Apple cut-outs make a festive garnish.

3. SPICED EGGNOG COCOA

Mix up to have on hand

Spike cocoa mix with tantalizing spices. Heat with eggnog, and top with cream and grenadine or liqueur to enjoy.

Recipes begin on page 136

TO ORDER DECORATIVE CUTTERS, ICING SET, KITCHEN SHEARS, AND PASTRY CLOTH, SEE PAGE 178.



4. PEPPERMINT ICE CREAM TORTE

Fill, frost, and freeze

Nestle a scrumptious layer of peppermint ice cream betwixt tender cake and fluffy frosting. Simply decorate with candy to enjoy in a jiff!

5. AMBROSIA SPREAD

Stir up in 10 minutes

Combine a few easy-to-keep-on-hand ingredients to create one incredible spread. It's chock-full of pineapple, oranges, coconut, and nuts. Spread on cutout fruit breads.

6,7,8. ALMOND TWISTS, ANISE BELLS, REFRIGERATOR COTTAGE COOKIES

Chill or freeze now; bake later

Perfect cookies for ringing in the holidays! Bake a few whenever the fancy strikes.





FABULOUS HOLIDAY FOOD

FAST-TO-FIX DINNER

A SPECIAL 65-MINUTES-FROM-START-TO-FINISH CHRISTMAS FEAST

MENU

Sweet 'n' Sour Beet Soup
Veal Loin with Mushroom Au Jus
Long grain and wild rice pilaf
Greens and Papaya Salad; Rolls
Grasshopper Cheesecake

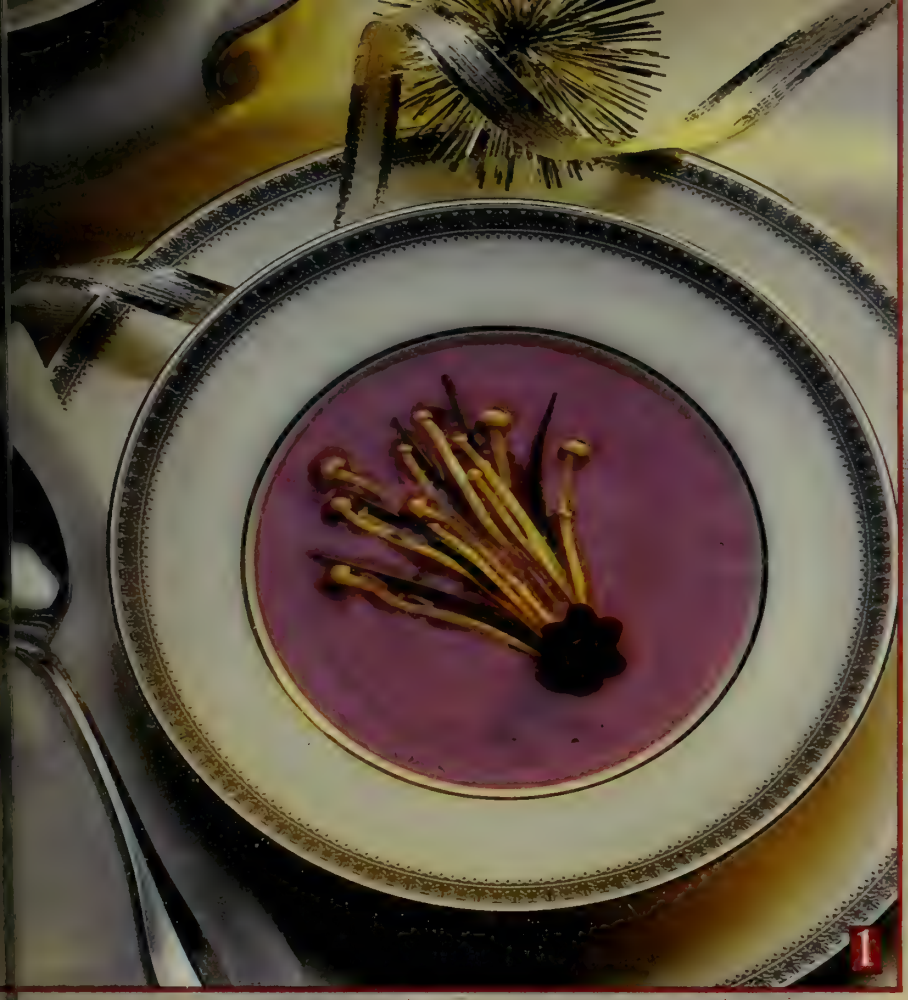
1. SWEET 'N' SOUR BEET SOUP

Tongue-tingling and creamy, this soup conveniently starts with canned vegetables. What's more, it's made in a single whir of your blender.

2. VEAL LOIN WITH MUSHROOM AU JUS

Take just five minutes to add smoked flavor to a veal roast by shingling bacon strips on top. Serve juicy, roasted veal in au jus made with wild mushrooms and dry red wine.





3. GREENS AND PAPAYA SALAD

A high-falutin' salad based on four main ingredients—Bibb lettuce, Belgian endive, papaya, and grapefruit. Jazz up a bottled dressing with poppy seed to pour atop.



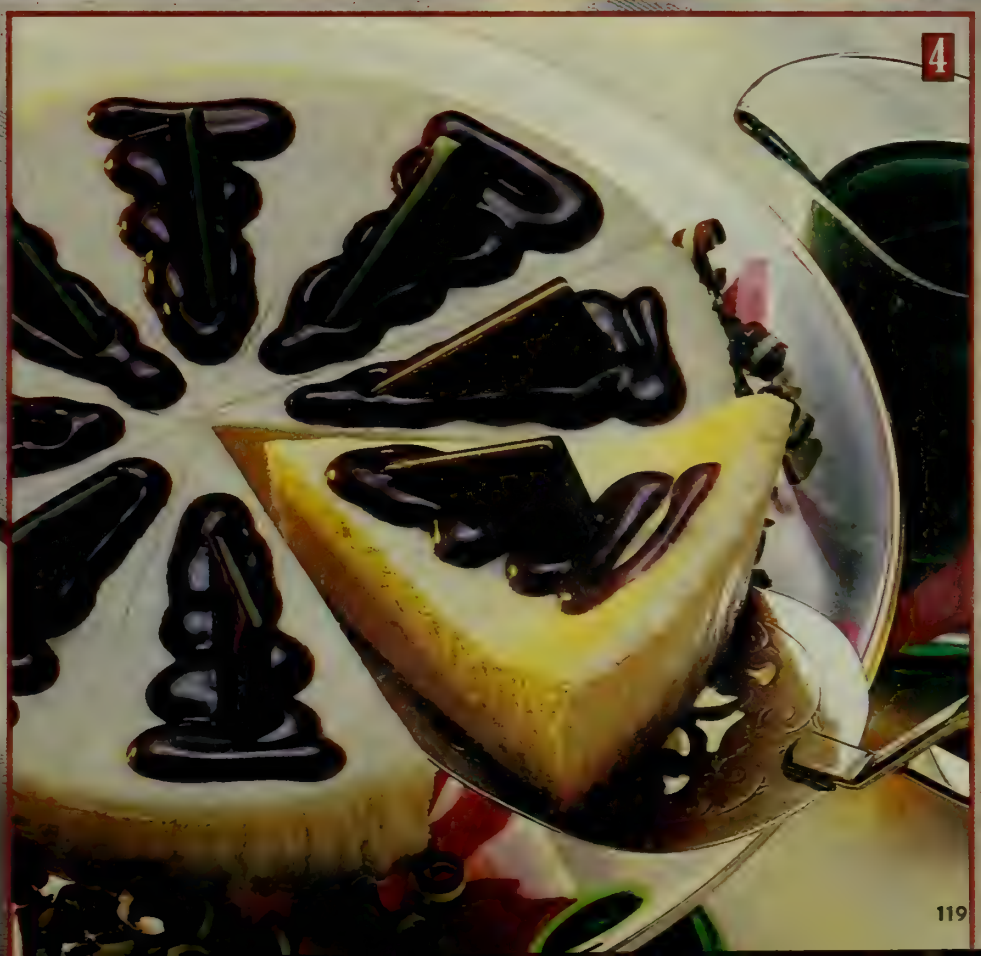
4. GRASSHOPPER CHEESECAKE

Frozen cheesecake never looked so classy nor tasted so ambrosial. Chocolate topping and chocolate-mint wafers add the festive finishing touch.

Recipes begin on page 142.

TO ORDER HORS D'OEUVRE CUTTERS, SEE PAGE 178.

Turn to page 126 for how to fix this menu in 65 minutes.





FABULOUS HOLIDAY FOOD

MAKE-AHEAD BRUNCH

BAKE BOTH MAIN DISH AND MUFFINS WHILE YOU CELEBRATE!

MENU

Prosciutto Soufflé Roll
in Parsley Sauce
Grenadine Fruit Mélange
Sugar-Top Muffins
Citrus Eye-Opener

1. PROSCIUTTO SOUFFLÉ ROLL IN PARSLEY SAUCE

Tuck a fabulous prosciutto and provolone filling inside a stunning jelly-roll soufflé. Chill it all overnight, then simply oven-warm the next day.

2. GRENADINE FRUIT MÉLANGE

Marinate this brilliant fruit menagerie in grenadine and sugar syrup overnight. Stir in kiwi fruit to serve.







3. SUGAR-TOP MUFFINS

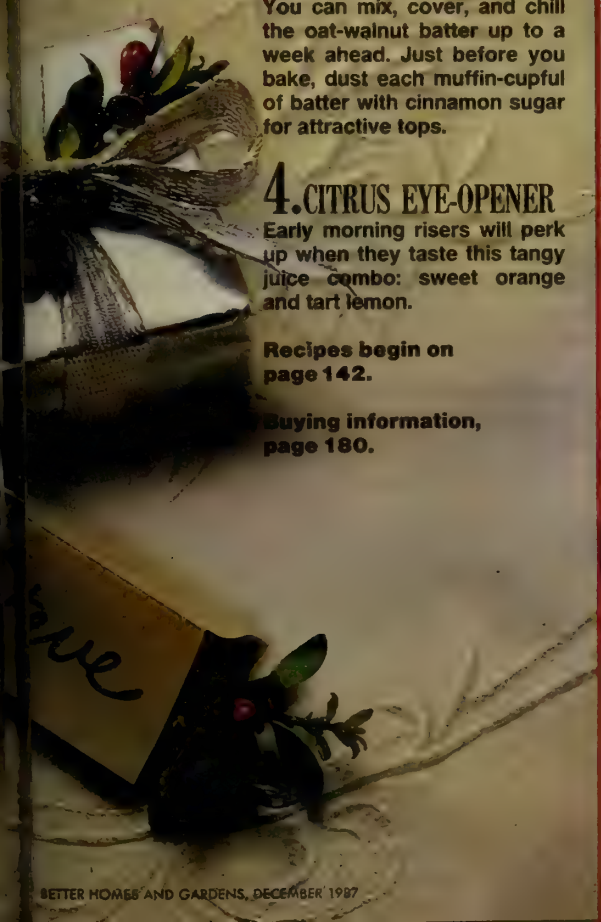
You can mix, cover, and chill the oat-walnut batter up to a week ahead. Just before you bake, dust each muffin-cupful of batter with cinnamon sugar for attractive tops.

4. CITRUS EYE-OPENER

Early morning risers will perk up when they taste this tangy juice combo: sweet orange and tart lemon.

Recipes begin on page 142.

Buying information, page 180.







FOOD

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

- With each recipe we give important nutrition information. The calorie count of individual servings and the amount, in grams, of protein, fat, carbohydrate, cholesterol, sodium, potassium, and dietary fiber help you keep tabs on what you eat.
- Also, you can check the vitamin and the mineral levels per serving of each



Try these fast and festive recipes made with Campbell's Soup. They're sure to be a hit over the holidays.

FESTIVE SHRIMP & FETTUCINI

2 tbsp. butter
1 lb. medium shrimp, shelled and deveined
½ cup diced green pepper
1 large clove garlic, minced
⅛ tsp. crushed red pepper
1 can (11 oz.) Campbell's Zesty Tomato Soup/Sauce
½ cup water
1 tbsp. wine vinegar
Hot cooked fettucini

1. In skillet over medium heat, in hot butter, cook shrimp and green pepper with garlic and crushed red pepper until shrimp turn pink.
2. Stir in soup, water and vinegar. Heat through. Serve over fettucini. Makes 4 servings.

(Recipe may be doubled.)



FIESTA ONION DIP



1 pouch Campbell's Onion Soup and Recipe Mix
1 can (about 16 oz.) stewed tomatoes, undrained, cut up
2 tsp. chili powder
1 cup shredded Cheddar cheese

1. In small saucepan, heat soup mix, tomatoes and chili powder to simmering. Cover; simmer 10 min., stirring occasionally.
2. Pour into serving bowl, sprinkle with cheese. Stir before serving. Serve with fresh vegetables or chips. Makes about 2 cups.

HOLIDAY SQUARES FLORENTINE

4 eggs, beaten
1 can (10¾ oz.) Campbell's Cream of Mushroom Soup
2 pkg. (10 oz. each) frozen chopped spinach, thawed, well drained and minced
½ cup chopped toasted walnuts
¼ cup minced green onions
1 cup shredded Swiss cheese
¼ cup grated Parmesan cheese
1 pkg. (8 oz.) refrigerated crescent rolls

1. In large bowl, combine all ingredients except crescent rolls; mix well.
2. Unroll crescent rolls, but do not separate. Press into bottom of 13" x 9" buttered baking pan. Press seams together. Spread spinach mixture over dough.
3. Bake at 350°F. for 40 min. or until knife inserted in center comes out clean. Cut into 1" pieces. Makes about 50 appetizers.



AT THE BOTTOM OF IT ALL, SOUP MAKES GOOD FOOD.

recipe. These vitamins and minerals are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever the value exceeds 10 percent of the recommended amounts. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

- When ingredient options appear in a recipe's ingredient list, we use the first ingredient choice for figuring the nutrition analysis.
- We use the first serving size listed for the nutrition analysis.
- We omit optional ingredients from the nutrition analysis.

WHAT YOU NEED

Use our analyses to chart the nutritional value of the foods you eat. These guidelines are based on daily needs of moderately active females, 23 to 50 years old (in general, males and teens need more calories):

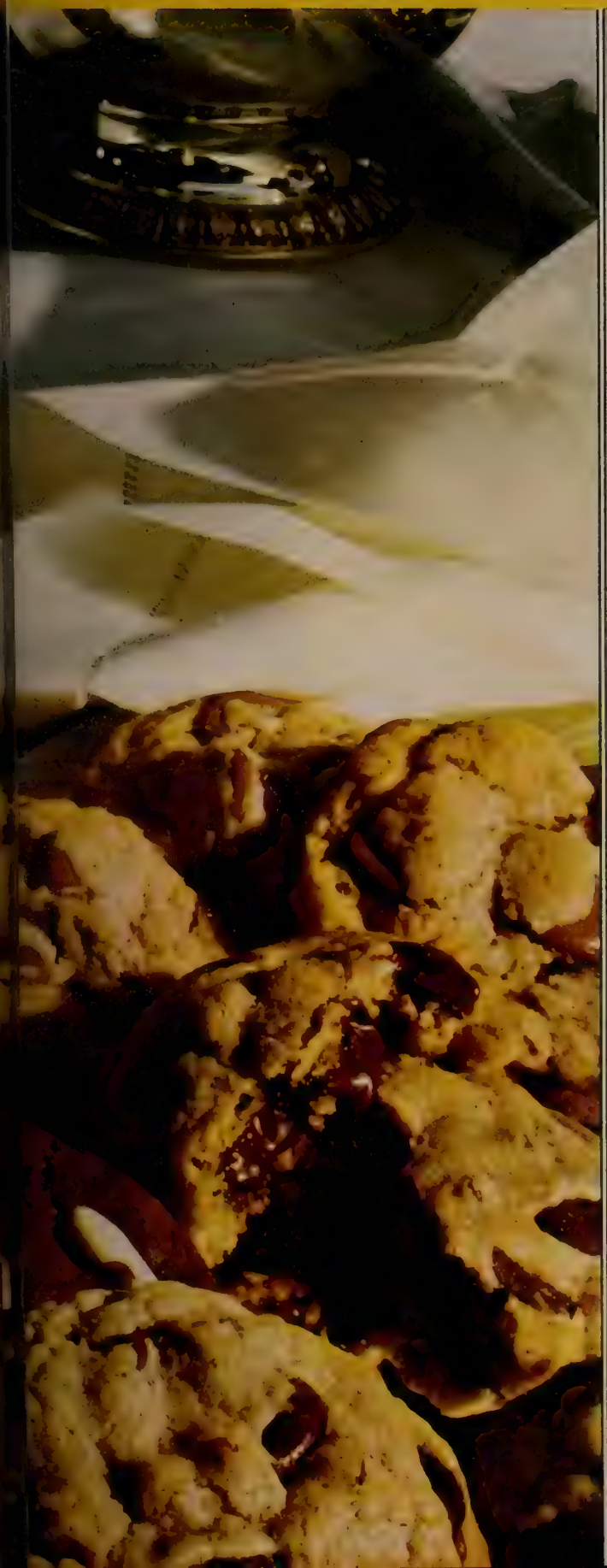
calories—2,000
protein—45 to 65 grams
fat—67 grams
cholesterol—300 milligrams
sodium—1,100 to 3,300 milligrams
fiber—25 to 30 grams

There's no real harm in going over or under these figures in any single day, but aim for a balanced diet overall.

MICROWAVE NOTE

Microwave directions are included when a micro-cooked recipe is as appealing as the conventionally cooked recipe. The microwave versions given here were tested in countertop microwave ovens that operate on 625 to 700 watts. Cooking times in these recipes are approximate because microwave ovens vary by individual manufacturer. EH&G


Nestlé
TOLL HOUSE
FOR PEOPLE WHO LIKE A LITTLE COOKIE WITH THEIR CHOCOLATE.
SEMI-SWEET CHOCOLATE
Treasures
DELUXE BAKING PIECES
FOR GOURMET COOKIES AND DESSERTS
Introducing Treasures.
An Incredibly Rich Chocolate Experience.
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Nestlé TOLL HOUSE™

GOLDEN CHOCOLATE TREASURE™ COOKIES

- 1½ c. all-purpose flour
- ¾ tsp. baking soda
- ¾ tsp. salt
- ¾ c. firmly packed brown sugar
- ¾ c. butter, softened
- 1 egg
- ½ tsp. vanilla extract
- One 10-oz. pkg. (1½ c.) Semi-Sweet Chocolate Nestlé® TOLL HOUSE® Treasures™ baking pieces
- 1c. coarsely chopped pecans

Preheat oven to 375°F. In bowl, combine flour, baking soda and salt; set aside. In bowl, beat brown sugar and butter until creamy (3-5 min.). Add egg and vanilla extract; mix well. Gradually blend in flour mixture. Stir in Treasures™ and pecans. Drop by rounded Tbsp. onto ungreased cookie sheets. Bake 8-10 min. Allow to stand 2 min. before removing from cookie sheets; cool completely. Makes about twenty 2½" cookies.



PEARLS 'N' CHOCOLATE COOKIES

- 2¼ c. all-purpose flour
- ⅔ c. Nestlé® Baking Cocoa
- 1 tsp. baking soda
- 1 tsp. salt
- 1⅓ c. butter, softened
- 1 c. sugar
- ⅔ c. firmly packed brown sugar
- 2 tsp. vanilla extract
- 2 eggs
- One 10-oz. pkg. (1½ c.) Premier White Nestlé® TOLL HOUSE® Treasures™ baking pieces

Preheat oven to 350°F. In bowl, combine flour, cocoa, baking soda and salt; set aside. In bowl, beat butter, sugar, brown sugar and vanilla extract until creamy. Add eggs, one at a time, beating well after each. Gradually add flour mixture. Stir in Treasures.™ Drop by rounded Tbsp. onto ungreased cookie sheets. Bake 9-10 min. Allow to stand 2 min. before removing from cookie sheets; cool completely. Makes about 2½ doz. 3" cookies.



ISLAND TREASURE™ COOKIES

- 1½ c. + 2 Tbsp. all-purpose flour
- ¾ tsp. baking powder
- ¾ tsp. salt
- ½ tsp. baking soda
- ¾ c. + 2 Tbsp. butter, softened
- ¾ c. firmly packed brown sugar
- ⅓ c. sugar
- ¾ tsp. vanilla extract
- 1 egg
- ¾ c. toasted coconut
- ¾ c. chopped macadamia nuts
- One 10-oz. pkg. (1½c.) Milk Chocolate Nestlé® TOLL HOUSE® Treasures™ baking pieces

Preheat oven to 375°F. In bowl, combine flour, baking powder, salt and baking soda; set aside. In bowl, beat butter, brown sugar, sugar and vanilla extract until creamy. Add egg; mix well. Gradually add flour mixture. Stir in coconut, macadamia nuts and Treasures.™ Drop by slightly rounded Tbsp. onto ungreased cookie sheets. Bake 10-12 min. Allow to stand 2 min. before removing from cookie sheets; cool completely. Makes about 2 doz. 3" cookies.



continued from page 118

FAST-TO-FIX DINNER

65-MINUTE TIMETABLE

0:00: Begin by preheating your oven to 425°, then roll up your sleeves!

Set the cheesecake out on your counter to thaw.

Place the meat on the rack in the roasting pan and lay on the bacon (see photo A). Insert the thermometer into the meat. Slide it all into your oven and move on!



A: Shingle the bacon slices on top of the roast to flavor the meat and keep it moist as it roasts.

0:05: For the au jus, soak the dried mushrooms in warm water.

Meanwhile, work on the salad. Add the poppy seed to the salad dressing bottle; shake up and chill. Rinse all your greens; pat 'em dry. Peel, seed, and slice the papaya (see photo B). Arrange greens, fruit, and nuts on a platter; chill. Salad is done!



B: Peel the papaya, then use a spoon to scoop out and discard the seeds.

0:25: Take the cheesecake out of its container. Score into 8 pieces, and drizzle the fudge topping onto each piece (see photo C).

0:35: Drain the mushrooms you've been soaking. Cut off the stems and slice the remaining caps. Simmer all of the au jus ingredients as the recipe directs. Remove from the heat; cover and let stand till you serve.



C: Using a back-and-forth motion, gently squeeze the fudge ice-cream topping onto each cheesecake wedge.

While the au jus simmers, in Dutch oven bring 6 cups hot water to boiling. You'll use this to cook the rice.

For the dessert, carefully halve *four* of the chocolate-mint wafers diagonally. With the vegetable peeler, carve curls from the remaining wafers. Use to decorate the cheesecake. Chill till serving time.

0:45: Cook the rice mix according to the package directions. Place on a serving platter; cover to keep warm.

Meanwhile, for the soup, in the blender combine and blend all the ingredients. Pour into a medium saucepan and heat through. Cut garnishes from the reserved beet slices (see photo D).



D: With an hors d'oeuvre cutter, cut decorative shapes from the reserved beet slices. Use these to garnish the soup.

1:05: Remove the roast from the oven; cover and let stand while you enjoy your soup. Dinner is served!

SHOPPING LIST

MEAT
- 1 2½- to 3-pound boneless veal sirloin roast or beef tenderloin
- 8 slices bacon (about ½ pound)

PRODUCE
- 2 heads Bibb or Boston lettuce
- 1 head Belgian endive
- 1 papaya
- ½ of a small onion
- ½ cup dried mushrooms (porcini, cepe, or shiitake)
- Chives*
- Enoki mushrooms*
- Fresh basil*
- Fresh marjoram*
- Fresh sage*

PACKAGED AND CANNED GOODS
- 1 14½-ounce can beef broth
- 1 8½-ounce can whole white potatoes
- 1 8¼-ounce can sliced beets
- 1 8-ounce can grapefruit sections (water pack)
- 1 8-ounce bottle coleslaw salad dressing
- 8 bakery dinner rolls
- ⅓ cup sliced almonds
- 6 layered chocolate-mint wafers
- Fudge ice-cream topping in squeeze bottle

DAIRY
- ½ cup light cream or milk

FROZEN FOODS
- 2 10-ounce packages frozen long grain and wild rice
- 1 6-inch-round frozen plain cream cheesecake

STAPLES
- Fines herbes
- Pepper, salt, and sugar
- Poppy seed
- Vinegar

ALCOHOL
- ½ cup crème de menthe
- ⅓ cup dry red wine

WINE SUGGESTIONS TO ACCOMPANY VEAL
- Chardonnay, Chenin Blanc, Pinot Blanc, Sauvignon Blanc, or Riesling

*For garnish

UTENSIL LIST

- blender
- shallow roasting pan with rack
- 4-quart Dutch oven
- medium saucepan
- small saucepan with lid
- small bowl
- cutting board
- chef's knife
- paring knife
- vegetable peeler
- wooden spoon
- spoon
- meat thermometer
- hors d'oeuvre cutter

Fast-to-Fix Dinner recipes begin on page 142.

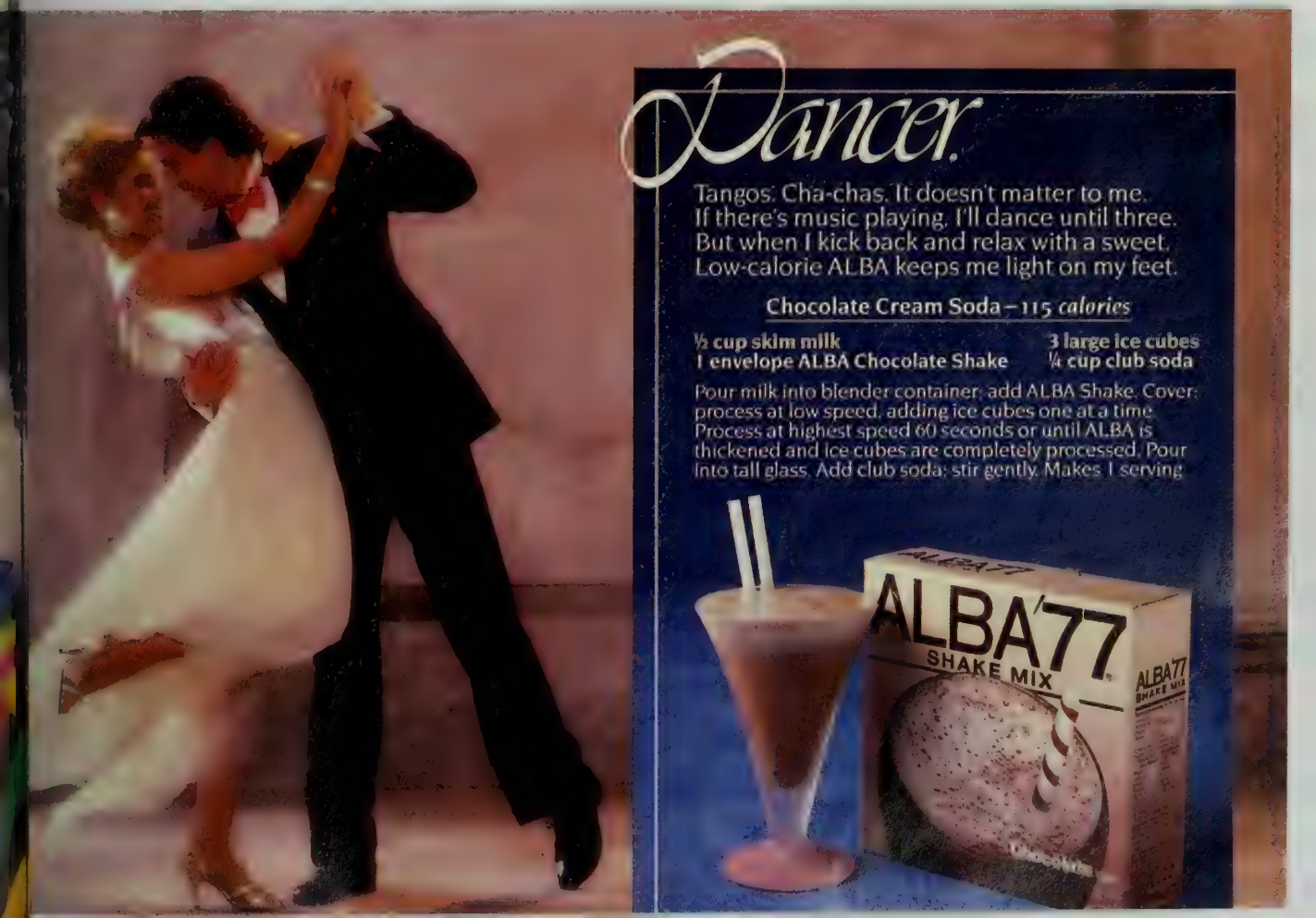
May your days be merry and light.



Season's traditions, all light and all cheer,
Make laughter and fun a habit 'round here.
With ALBA® Shakes and Hot Cocoa, you see,
Holiday treats are now sugar-free.
So on Dasher, on Dancer, on Cupid, on Vixen,
To an ALBA Christmas with all the fixin's.

Alba Recipes Inside


Dasher.
I shop till I drop, then shop some more.
Each store has something I know they'll adore.
As for myself, I don't need a whole lot.
Just an ALBA treat, all sweet, rich and hot.
Double Chocolate Cappuccino—137 calories
¾ cup water
1½ teaspoons instant coffee
1 envelope ALBA Milk Chocolate Hot Cocoa
1 tablespoon creme de cacao
2 teaspoons frozen whipped topping, thawed
¼ teaspoon grated semi-sweet chocolate
In small saucepan, bring water and instant coffee to a boil. Empty ALBA Hot Cocoa into mug or cup. Add hot coffee; stir until completely dissolved. Stir in creme de cacao. Garnish with whipped topping and grated chocolate. Makes 1 serving.
ALBA
SUGAR FREE HOT COCOA MIX


Dancer.
Tangos. Cha-chas. It doesn't matter to me.
If there's music playing, I'll dance until three.
But when I kick back and relax with a sweet,
Low-calorie ALBA keeps me light on my feet.
Chocolate Cream Soda—115 calories
½ cup skim milk
1 envelope ALBA Chocolate Shake
3 large ice cubes
¼ cup club soda
Pour milk into blender container; add ALBA Shake. Cover; process at low speed, adding ice cubes one at a time. Process at highest speed 60 seconds or until ALBA is thickened and ice cubes are completely processed. Pour into tall glass. Add club soda; stir gently. Makes 1 serving.
ALBA'77
SHAKE MIX

Vixen.

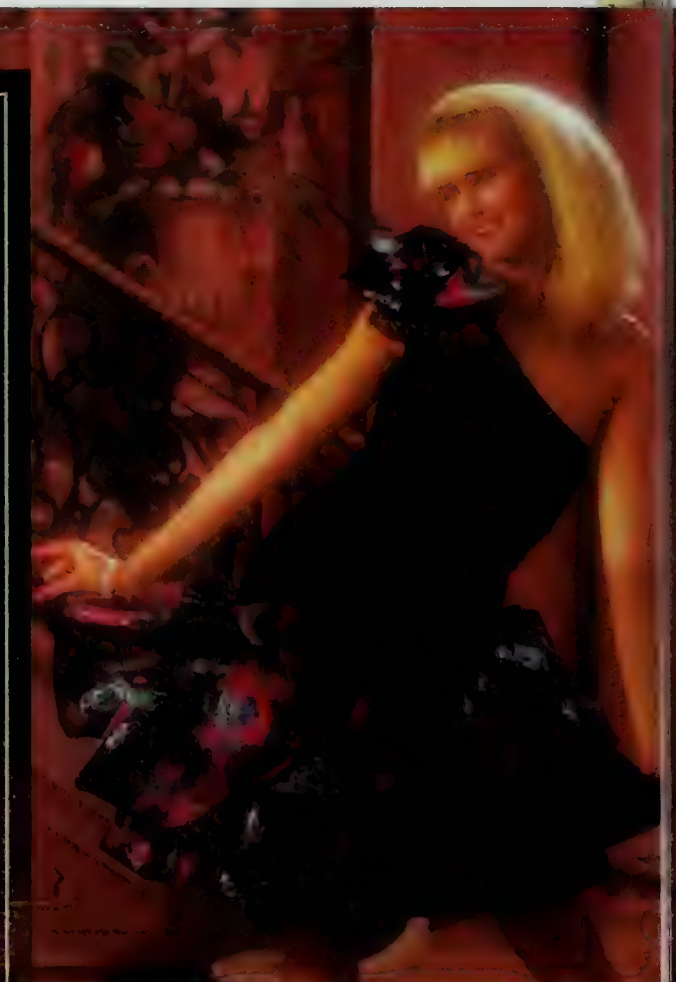
Just the right dress. Just the right look.
When it comes to flirting, I wrote the book.
So if you love sweets, but want to entice,
Use low-calorie ALBA. They'll always look twice.

Holiday Egg Nog—58 *calories*

½ cup ice water
½ cup brandy
2 envelopes ALBA Vanilla Shake
6 ice cubes
2 egg whites
Nutmeg

Pour water and brandy into blender container; add ALBA Shake. Cover; process at low speed, adding ice cubes one at a time. Process at highest speed 60 seconds or until ALBA is thickened and ice cubes are completely processed. Beat egg whites to form soft peaks; fold into ALBA mixture. Pour into small cups. Dust with nutmeg. Makes 8 servings.







Cupid.

Cuddling and snuggling on a cold winter night,
My ALBA treat made everything right.
Each yummy taste was heavenly bliss.
(And he showed his thanks by stealing a kiss.)

Chocolate Framboise—66 *calories per serving*

¼ cup cold water
1 envelope unflavored gelatin
½ cup skim milk
2 envelopes ALBA Chocolate Shake
1 teaspoon imitation raspberry extract
3 large ice cubes
¾ cup unsweetened frozen raspberries, slightly thawed

In small saucepan, sprinkle gelatin over water; let stand until softened, about 1 minute. Stir over low heat until gelatin is completely dissolved; cool slightly. In blender container, combine milk, ALBA Shake, raspberry extract and gelatin mixture. Cover; process at low speed 30 seconds, adding ice cubes one at a time. Process at highest speed until mixture starts to thicken. Transfer to bowl; fold in raspberries. Spoon mixture into dessert dishes. Garnish with a raspberry, if desired. Serve immediately. Makes 4 servings (about 2½ cups).





More treats yule love.

When you're whipping up some holiday cheer,
Make sure ALBA Shakes are temptingly near.
For lots of fun and yum-yums galore,
Just give us a call. We'll send you some more.

ALBA treats shown left to right:
Chocolate Strawberry Swirl—96 calories
Strawberry Cream Daiquiri—58 calories
Spicy Pumpkin Cream—99 calories
Frosty Lemon Fizz—119 calories
Chocolate Mint Frappe—66 calories

To get your own ALBA Holiday Recipe Card Collection, call 1-800-447-9423, ext. 12 (in Minnesota 1-800-322-0493)
Or write ALBA Holiday Recipe Collection, P.O. Box 2210, Maple Plain, MN 55348. Offer expires March 31, 1988.

Heinz

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May your days be merry and light.



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ANY-TIME APPETIZERS
(Pictured on pages 114–115.)

OGURT DILL BREAD

f you're a real dill lover, spring for the rger amount of the herb—

2¼ cups all-purpose flour
1 package quick-rising active dry yeast
2 to 3 teaspoons dried dillweed
1 8-ounce carton plain yogurt
¼ cup sugar
¼ cup water
¼ cup margarine *or* butter
1 egg
Cheddar and Monterey Jack cheese slices (optional)

continued on page 134



Soup.

continued from page 133

● **Grease** an 8-inch fluted tube pan or 9-inch tube pan; set aside.

● **In a large mixer bowl stir together** *1 cup* of the flour, yeast, and dillweed.

● **In a medium saucepan heat** yogurt, sugar, water, margarine or butter, and ½ teaspoon *salt* just till warm (125° to 130°), stirring constantly. Add to flour mixture along with egg. Beat with an electric mixer on low speed ½ minute, scraping bowl. Beat on high speed 3 minutes. Stir in remaining flour. (Batter will be sticky.)

● **Cover and let rise** in a warm place till double (20 to 25 minutes).

● **Stir down dough.** Spoon into prepared pan. Cover and let rise till nearly double (15 to 20 minutes). Bake in a 375° oven about 30 minutes or till golden. Remove bread from pan; cool on a wire rack.

● **To freeze, wrap** bread in moisture- and vaporproof wrap. Seal, label, and freeze up to 6 months. To thaw, let bread stand, loosely covered, several hours at room temperature.

● **Serve** slices of bread with cheeses. Makes 1 loaf, 12 servings.

Nutrition information per serving: *156 cal., 4 g pro., 24 g carbo., 5 g fat, 24 mg chol., 154 mg sodium, 91 mg potassium, 1 g dietary fiber. U.S. RDA: 12% thiamine, 10% riboflavin.*

PEPPED-UP CHEESE BAKE

To make corkscrewlike olive garnish, carve a pitted ripe olive into a spiral, cutting just to, but not through, center—

1 8-ounce carton dairy sour cream
½ cup mayonnaise *or* salad dressing
2 tablespoons all-purpose flour
½ to 1 teaspoon bottled minced garlic
1½ cups shredded Monterey Jack cheese with jalapeño peppers (6 ounces) *or* one 6-ounce package shredded Monterey Jack cheese (1½ cups)
1 2-ounce can sliced pimiento, drained
¼ cup sunflower nuts
1 green onion, sliced
Assorted crackers (optional)

● **In a large mixing bowl stir together** sour cream, mayonnaise, flour, and garlic. Stir in cheese. Turn into a 7-inch microwave-safe quiche dish.

● **Micro-cook,** uncovered, on 70% power (medium-high) 4 to 6 minutes or till heated through, stirring twice.

● **Place pimiento** in center and sunflower nuts around edge of dish. Sprinkle a ring of onion between pimiento and nuts. Serve warm with crackers. Makes about 2 cups.

Conventional directions: Prepare Pepped-Up Cheese Bake as directed, *except* place cheese mixture in a 7-inch quiche dish or pie plate and add toppings as directed *before* baking. Bake in a 350° oven for 30 to 35 minutes or till the mixture is heated through.

Nutrition information per 2 tablespoons dip: *131 cal., 4 g pro., 2 g carbo., 12 g fat, 20 mg chol., 104 mg sodium, 49 mg potassium. U.S. RDA: 10% calcium.*

HOLIDAY APPLE FLING

1 14-ounce jar spiced apple rings
1 32-ounce bottle apple juice
1 32-ounce bottle (4 cups) cranberry juice cocktail
1 cup water
4 to 5 inches stick cinnamon
Peel from 1 orange

1 750-milliliter bottle champagne *or* one 28-ounce bottle gingerale
Cinnamon sticks (optional)

● **Drain apple rings,** reserving syrup. In a 3-quart container combine reserved syrup, *2 cups* of the apple juice, cranberry juice cocktail, water, and the 4 to 5 inches stick cinnamon. Cover and chill 24 hours. Remove cinnamon. Chill, covered, up to 2 weeks.

● **In a 4-cup ring mold freeze** a little of the remaining apple juice just till slushy (about 30 to 45 minutes). Using an hors d'oeuvre cutter, cut orange peel into stars. Press stars into slushy juice in mold. Center apple rings over stars. Freeze till firm. Add remaining apple juice to mold. Freeze up to 2 weeks.

● **To serve, unmold ice ring;** place in a large punch bowl. Add syrup mixture. Slowly add champagne or gingerale. Serve immediately with cinnamon stick stirrers and additional orange peel stars, if desired. Makes about 24 (4-ounce) servings.

Nutrition information per serving: *73 cal., 0 g pro., 14 g carbo., 0 g fat, 0 mg chol., 3 mg sodium, 66 mg potassium. U.S. RDA: 29% vit. C.*

PARMESAN PUFFS

1 recipe Parmesan Puff Dough (see recipe, *page 136*)
Grated Parmesan cheese

● **Place** Parmesan Puff Dough in a pastry bag fitted with a ⅝-inch-wide plain tip. On a greased baking sheet pipe dough into 32 mounds, each 1¾ inches in diameter. Sprinkle with cheese.

● **Bake** in a 400° oven 20 to 25 minutes or till puffy and golden. Serve warm. Makes 32.

Nutrition information per puff: *59 cal., 2 g pro., 3 g carbo., 4 g fat, 36 mg chol., 80 mg sodium, 16 mg potassium.*

HAM-ONION BITES

Bake these golden bites ahead; come party time, simply reheat to serve—

2 cups finely chopped celery
4 green onions, finely chopped
½ cup finely chopped fully cooked turkey ham
⅓ cup fine dry seasoned bread crumbs
¼ teaspoon ground nutmeg
1 egg
1 recipe Parmesan Puff Dough (see recipe, *page 136*)

● **For filling,** in a medium saucepan combine celery, onions, and ¼ cup *water.* Bring to boiling; reduce heat. Cover and simmer 6 to 8 minutes. Drain well. Stir in turkey ham, bread crumbs, and nutmeg. Cool slightly. Blend in egg.

● **Line** baking sheets with foil; grease foil. Drop filling by rounded teaspoonfuls 2 inches apart onto prepared baking sheets, mounding filling slightly.

● **Place** dough in a pastry bag fitted with a ⅜-inch-wide star tip. Pipe dough around filling mounds in concentric circles, starting at base and working toward top, leaving peaks uncovered.

● **Bake in a 400° oven** 16 to 18 minutes or till golden brown. Serve immediately. *Or,* transfer to wire racks to cool. Place in moisture- and vaporproof freezer containers. Seal, label, and freeze up to 1 month.

● **To reheat, place** frozen appetizers on a greased baking sheet. Bake in a 350° oven about 10 minutes or till heated through. Makes about 60.

Nutrition information per appetizer: *36 cal., 1 g pro., 2 g carbo., 2 g fat, 24 mg chol., 57 mg sodium, 26 mg potassium.*

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PARMESAN PUFF DOUGH

- ½ cup margarine *or* butter
- 1 cup all-purpose flour
- ¼ teaspoon ground red pepper (optional)
- 4 eggs
- ⅓ cup grated Parmesan cheese

● **In a medium saucepan melt** margarine or butter. Add 1 cup *water;* bring to boiling. Add flour and pepper all at once; stir vigorously. Cook and stir till mixture forms a ball that doesn't separate. Remove from heat; let stand about 5 minutes or till slightly cooled.

● **Add eggs,** one at a time, stirring vigorously with a wooden spoon after each addition 1 to 2 minutes or till smooth. Stir in cheese. Use immediately or cover and chill up to 2 days. Use to make Parmesan Puffs or Ham-Onion Bites.

SALMON ON CORN CAKES

- 1 cup packaged pancake mix
- ⅓ cup cornmeal
- ¼ to ½ teaspoon garlic powder
- 1 beaten egg
- 1½ cups buttermilk
- 1 tablespoon cooking oil

• • •

- 1 to 2 tablespoons buttermilk *or* milk
- ½ cup dairy sour cream
- ½ pound sliced smoked red salmon (lox)
- Lemon wedges, carrot tops, and caviar

● **In a medium mixing bowl combine** the pancake mix, cornmeal, and garlic powder.

● **In a small mixing bowl combine** egg, the 1½ cups buttermilk, and oil; add all at once to dry ingredients, stirring till blended but still slightly lumpy.

● **For *each* cake, pour** *1 tablespoon* of the batter onto a hot, lightly greased griddle or heavy skillet. Cook till golden brown, turning to cook other side when pancakes have a bubbly surface and slightly dry edges. Cool.

● **Stack,** with waxed paper between each cake, in a moisture- and vapor-proof freezer container. Seal, label, and freeze up to 8 months.

● **To serve,** let stand, covered, at room temperature for 30 minutes. Separate cakes and place on an ungreased baking sheet. Cover cakes with foil. Bake in a 350° oven about 15 minutes or till cakes are heated through. Stir the 1 to 2 tablespoons buttermilk or milk into sour cream. Top cakes with a rolled-up salmon slice, dollop of sour cream mixture, lemon, carrot tops, and caviar. Makes 32 cakes.

Microwave reheating: Prepare and freeze cakes as directed. Let frozen cakes stand, covered, at room temperature 30 minutes. Separate cakes; place 10 to 12 on a 12-inch glass pizza plate or other microwave-safe plate. Cover with waxed paper. Micro-cook on medium (50%) power 2½ to 3 minutes or till heated through, turning dish once.

Nutrition information per appetizer: *50 cal., 3 g pro., 5 g carbo., 2 g fat, 13 mg chol., 511 mg sodium, 46 mg potassium.*

READY-TO-SERVE SWEETS

(Pictured on pages 116–117.)

HOLIDAY SPIRAL LOAF

- 1 egg white
- ¼ cup packed brown sugar
- ⅓ cup chopped cashews
- ¼ cup candied red cherries, finely chopped
- ¼ cup candied green cherries, finely chopped
- 1 10-ounce package refrigerated white bread dough
- 1 recipe Powdered Sugar Icing
- Candied cherry halves (optional)
- Cashews (optional)

● **In a small mixing bowl beat** egg white slightly. Stir in brown sugar. Stir in the chopped cashews. Divide mixture in half. Stir chopped red cherries into one half; stir chopped green cherries into remaining half. Set aside.

● **On a greased baking sheet unroll** bread dough; pinch slashes together to make a solid sheet of dough. Spread red cherry mixture crosswise over half of the dough to within ½ inch of edges; repeat with green cherry mixture and remaining half of dough.

● **Roll up** the red cherry-topped dough from the short side, just to center of the dough rectangle. Repeat with the green cherry-topped dough, ending at center when it meets the red cherry portion. Pinch the two rolls together at the top where they meet.

● **Bake in a 350° oven** about 35 minutes or till loaf sounds hollow when tapped. Cover with foil the last 5 to 10 minutes to prevent overbrowning. Cool slightly. Drizzle Powdered Sugar Icing over loaf. Top with cherry halves and whole nuts. Serve warm. Makes 1 loaf, 12 to 16 servings.

Powdered Sugar Icing: In a small mixing bowl stir together 1 cup sifted *powdered sugar*, ¼ teaspoon *vanilla*, and enough *milk* (1 to 2 tablespoons) to make of drizzling consistency.

Nutrition information per serving: *169 cal., 3 g pro., 32 g carbo., 3 g fat, 2 mg chol., 139 mg sodium, 76 mg potassium, 1 g dietary fiber.*



FOR WREATH, twist the cut pieces of the ring to the left, exposing filling.

MINCEMEAT BREAD WREATH

To make the simple apple garnish, use hors d'oeuvre cutters to cut two small flower shapes from a slice of apple. Dip in lemon juice to prevent darkening—

- 1 16-ounce can applesauce
- 1 9-ounce package instant condensed mincemeat
- 1 cup apple juice
- 2 tablespoons margarine *or* butter
- 1 16-ounce package hot roll mix
- 1 slightly beaten egg
- Milk (optional)
- Pearl sugar (optional)
- Walnut halves (optional)
- Apple cutouts (optional)
- Lemon leaves (optional)

● **In a 2-quart saucepan combine** applesauce and mincemeat. Bring to boiling; reduce heat. Simmer, uncovered, 8 to 10 minutes or till thick, stirring occasionally. Cool to room temperature.

● **Grease a baking sheet;** set aside. In a small saucepan heat apple juice and margarine or butter, stirring constantly, till warm (120° to 130°) and margarine or butter is almost melted.

● **In a large mixing bowl combine** flour mixture and yeast from roll mix. Add apple juice mixture and egg. Stir till combined and dough pulls away from sides of bowl. Turn out onto a floured surface; knead 5 minutes or till smooth. Cover; let rest 10 minutes.

● **On a floured surface, roll** dough to a 15x10-inch rectangle. Spread mincemeat mixture on dough to within 1 inch of edges. Roll up from one of the long sides; press edges to seal. On prepared baking sheet bring ends together to form a ring; seal ends. With sharp kitchen shears, make 10 vertical cuts at 1½-inch intervals around outside edge of ring, cutting to within ½ inch of inside of ring. Twist outside edge of cut pieces to the left, exposing filling (see photo, *above*).

● **Cover; let rise** till nearly double (30 to 45 minutes). Brush with a little milk; sprinkle with pearl sugar. Bake in a

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350° oven about 30 minutes or till the bread sounds hollow when tapped, covering with foil after 20 minutes of baking to prevent overbrowning. Cool completely on a wire rack.

● **To freeze, wrap** bread in moisture- and vaporproof wrap. Seal, label, and freeze up to 6 months. To thaw, let stand, loosely covered, at room temperature several hours or till thawed.

● **To serve, top** with walnuts. Secure apple cutouts and lemon leaves to bread with a toothpick. Makes 1 loaf, 12 to 16 servings.

Nutrition information per serving: *249 cal., 5 g pro., 49 g carbo., 3 g fat, 23 mg chol., 299 mg sodium, 107 mg potassium, 2 g dietary fiber. U.S. RDA: 17% thiamine, 15% riboflavin, 12% niacin, 11% iron.*

SPICED EGGNOG COCOA

Rich and spicy, it'll warm you from the inside out—

1 16-ounce can instant cocoa mix
½ teaspoon ground mace
¼ teaspoon ground allspice
¼ teaspoon ground nutmeg
8 cups water
1 quart dairy eggnog, one 32-ounce can eggnog, *or* three 12-ounce cans (4½ cups total) evaporated milk
Pressurized whipped dessert topping
Green crème de menthe *or* grenadine syrup

● **In a 1-quart airtight container combine** cocoa mix, mace, allspice, and nutmeg. Cover; store at room temperature.

● **To serve,** in a 4½-quart Dutch oven, bring water to boiling. Stir in cocoa mixture and eggnog or evaporated milk. Heat through. Top each serving with dessert topping and drizzle with crème de menthe or grenadine. Makes 16 to 18 (6-ounce) servings.

For individual servings: For each serving, in saucepan bring ½ cup *water* to boiling. Stir in *¼ cup* cocoa mixture and ¼ cup *dairy* or *canned eggnog* or *evaporated milk.* Heat. Serve as above.

Nutrition information per serving: *210 cal., 5 g pro., 30 g carbo., 9 g fat, 42 mg chol., 149 mg sodium, 284 mg potassium. U.S. RDA: 14% riboflavin, 17% calcium.*

PEPPERMINT ICE CREAM TORTE

You'll get two tortes from this recipe—

1 10¾-ounce frozen loaf pound cake
1 ½-gallon carton brick-style peppermint, cherry, *or* chocolate ice cream
2 3-ounce packages cream cheese
¼ cup margarine *or* butter
1 teaspoon vanilla
3 cups sifted powdered sugar

• • •

Crushed red-striped round peppermint candies *or* candy canes (optional)
Red- and green-striped round peppermint candies (optional)

● **For tortes,** with a serrated knife, slice cake horizontally into fourths. Halve ice cream lengthwise; freeze one half for another use. Cut remaining ice cream lengthwise into two 1-inch-thick slices. Place *2* of the cake slices on a baking sheet. Top *each* cake slice with *one* of the ice-cream slices. Top with remaining cake slices. Place in freezer.

● **In a small mixer bowl beat** cream cheese, margarine or butter, and vanilla with an electric mixer on medium

speed 30 seconds or till fluffy. Gradually add powdered sugar, beating till smooth. Spread or pipe over tops and sides of tortes. Freeze till firm.

● **Place** tortes in moisture- and vaporproof containers. Seal, label, and freeze up to 6 months.

● **To serve, let tortes stand,** covered, at room temperature for 10 minutes. Unwrap, place on serving platter, and sprinkle with crushed candies. Surround with whole candies. Makes 2 tortes, 8 servings each.

Nutrition information per serving: *749 cal., 9 g pro., 99 g carbo., 36 g fat, 167 mg chol., 422 mg sodium, 252 mg potassium. U.S. RDA: 29% vit. A, 23% riboflavin, 17% calcium.*

AMBROSIA SPREAD

- 1 11-ounce can mandarin orange sections, chilled and drained
- 1 8-ounce container soft-style cream cheese with pineapple
- ¼ cup toasted coconut
- ¼ cup toasted chopped almonds
- Whole almonds (optional)
- Banana bread and canned date-nut roll (optional)

● **Reserve** several orange sections; chop remaining sections.

● **In a medium bowl stir together** chopped orange sections, cream cheese, coconut, and chopped almonds.

● **Spoon into a serving dish;** surround with the whole almonds. Top with the reserved orange sections. Slice banana bread and date-nut roll. Use a cookie cutter to cut banana bread into star shapes. Serve Ambrosia Spread with bread. Makes 2 cups.

Nutrition information per tablespoon: *34 cal., 1 g pro., 2 g carbo., 3 g fat, 0 mg chol., 19 mg sodium, 27 mg potassium.*

ALMOND TWISTS

How easy! Add a three-ingredient filling to frozen puff pastry—

- ½ of a 17½-ounce package (1 sheet) frozen puff pastry
- ½ cup almond paste
- 1 egg
- ¼ cup packed brown sugar
- 1 recipe Powdered Sugar Icing (see recipe, *page 136*)
- Coarsely chopped sliced almonds (optional)

● **Let pastry stand** at room temperature 20 minutes or till easy to roll. Unfold on floured surface. Roll to 14-inch square. Halve with fluted pastry wheel.

● **In a small mixer bowl crumble** almond paste; add egg and brown sugar. Beat with an electric mixer on medium speed till mixed. Spread over *one* of the pastry halves. Position remaining pastry half over filling. Using a fluted pastry wheel, cut dough into seven 14x1-inch strips. Cut each strip crosswise into quarters. Twist each piece twice. (You should have 28 twists.)

● **Bake,** on an ungreased baking sheet, in a 400° oven 12 to 15 minutes or till golden. Cool slightly on wire rack. Drizzle with Powdered Sugar Icing; top with almonds. Serve warm. Makes 28.

Freezing directions: Place unbaked twists in a moisture- and vaporproof freezer container. Seal, label, and freeze up to 6 months. To bake, place frozen twists on an ungreased baking sheet. Bake, top, and serve as directed.

Nutrition information per twist: *66 cal., 1 g pro., 9 g carbo., 3 g fat, 10 mg chol., 25 mg sodium, 42 mg potassium.*

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TO FORM BELLS, fold in the sides of the cookie slice, slightly covering candy.

- **To bake, let rolls stand** at room temperature for 5 minutes. Cut into ¼-inch-thick slices. Let stand 10 minutes to soften. Place on an ungreased cookie sheet. Place a milk chocolate piece on the bottom half of each slice for bell clapper. Fold in sides of slice, overlapping at top and slightly covering candy (see photo, *above*).
- **Bake in a 350° oven** 10 to 12 minutes or till edges and bottoms are very light brown. Remove and cool on a wire rack.
- **To freeze, place** in a moisture- and vaporproof freezer container. Seal, label, and freeze up to 12 months. Makes about 48.

Nutrition information per cookie: *59 cal., 1 g pro., 7 g carbo., 3 g fat, 6 mg chol., 46 mg sodium, 7 mg potassium.*

REFRIGERATOR COTTAGE COOKIES

Cottage cheese is the secret ingredient that makes these cookies doubly moist and cakelike—

- ¾ cup diced mixed candied fruits and peels
- ½ cup chopped candied pineapple
- ¼ cup brandy
- 1½ cups all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ cup margarine *or* butter
- ⅔ cup sugar
- ½ teaspoon vanilla
- 1 egg
- ½ cup cream-style cottage cheese
- Walnut *or* pecan halves (optional)
- Diced mixed candied fruits and peels (optional)

- **In a small bowl combine** the ¾ cup fruits and peels, pineapple, and brandy. Cover; chill overnight.
- **Meanwhile,** in a small mixing bowl combine flour, baking powder, and baking soda. Set aside.
- **For batter,** in a large mixer bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds. Add sugar and vanilla; beat till fluffy. Add egg and cottage cheese; beat till combined. Beat in flour mixture. Cover; chill overnight.

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HOLIDAY FOOD

continued from page 139

ANISE BELLS

Crisp, sugar-edged cookies with colorful candy clappers—

- ¾ cup margarine *or* butter
- ⅔ cup granulated sugar
- 1 egg
- ¼ teaspoon anise extract *or* coconut flavoring
- 1¾ cups all-purpose flour
- Red *or* green colored sugar
- Red and green candy-coated milk chocolate pieces

- **In a large mixer bowl beat** margarine or butter and ¼ teaspoon *salt* with an electric mixer on medium speed for 30 seconds. Add granulated sugar and beat till fluffy. Add egg and extract; beat well. Add flour; beat till well mixed. Cover and chill about 30 minutes or till easy to handle.
- **Divide dough in half.** Shape dough into two 6-inch rolls. Roll each half in colored sugar. Wrap in moisture- and vaporproof wrap. Freeze dough till firm (4 to 6 hours). *Or,* seal, label, and freeze up to 6 months.



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● **Stir** fruit mixture into the batter. Bake immediately. *Or,* cover and chill batter up to 3 weeks.

● **To bake, drop** from a level measuring tablespoon onto an ungreased baking sheet. Press a nut half and additional fruits and peels into top of each dough mound. Bake in a 375° oven 9 to 11 minutes or till the bottoms are light brown and the tops spring back when lightly touched. Serve warm.

● ***Or,* cool** on a wire rack. Place in a moisture- and vaporproof freezer container. Seal, label, and freeze up to 12 months. To serve, let stand, covered, at room temperature till thawed. Makes about 54.

Nutrition information per cookie: *55 cal., 1 g pro., 8 g carbo., 2 g fat, 5 mg chol., 38 mg sodium, 23 mg potassium.*

FAST-TO-FIX DINNER

(Pictured on pages 118–119.)

VEAL LOIN WITH MUSHROOM AU JUS

1 2½- to 3-pound boneless veal sirloin roast *or* beef tenderloin
8 slices bacon (about ½ pound)
• • •
½ cup dried mushrooms (such as porcini, cepe, *or* shiitake)
¾ cup beef broth
⅓ cup dry red wine
¾ teaspoon fines herbes, crushed
Dash pepper
2 10-ounce packages frozen long grain and wild rice mix
Fresh sage, marjoram, and basil leaves (optional)

● **Preheat** oven to 425°. Place meat on a rack in a shallow roasting pan; lay bacon on top, overlapping edges (see photo A, *page 126*). Insert a meat thermometer in center of meat. Roast in oven for 45 to 60 minutes or till the thermometer registers 150° (medium). Cover; let stand about 10 minutes before serving.

● **Meanwhile, soak** the mushrooms in warm water 25 minutes. Squeeze water out. Remove and discard stems; halve or slice mushrooms.

● **In a small saucepan combine** mushrooms, broth, wine, fines herbes, and pepper. Bring to boiling; reduce heat. Cover and simmer for 2 minutes. Remove from heat. Let stand, covered, till serving time.

● **In a 4-quart Dutch oven bring** 6 cups *water* to boiling. Cook rice mix in its pouch in the boiling water according to package directions. Serve rice with meat. Garnish with fresh herbs. Pass mushroom mixture. Makes 8 servings.

Nutrition information per serving: *280 cal., 37 g pro., 17 g carbo., 11 g fat, 77 mg chol., 607 mg sodium, 458 mg potassium, 2 g dietary fiber. U.S. RDA: 23% thiamine, 21% riboflavin, 44% niacin, 24% iron.*

SWEET 'N' SOUR BEET SOUP

1 8¼-ounce can sliced beets
1 8½-ounce can whole white potatoes, drained
1 cup beef broth
½ cup light cream *or* milk
½ of a small onion, cut up
2 tablespoons sugar
2 tablespoons vinegar
¼ teaspoon salt
¼ teaspoon pepper
Chives and enoki mushrooms

● **Reserve** *four* beet slices. In a blender container combine remaining *undrained* beets, *drained* potatoes, broth, light cream or milk, onion, sugar, vinegar, salt, and pepper. Cover and blend till pureed.

● **Transfer** to a medium saucepan; heat through, stirring occasionally; *do not boil.* Use an hors d'oeuvre cutter to cut 8 decorative shapes from reserved beet slices (see photo D, *page 126*). Float atop individual servings of soup along with chives and mushrooms. Makes 8 appetizer servings.

Nutrition information per serving: *67 cal., 1 g pro., 9 g carbo., 3 g fat, 10 mg chol., 293 mg sodium, 138 mg potassium, 1 g dietary fiber.*

GREENS AND PAPAYA SALAD

Mix this dressing right in the bottle!
1½ teaspoons poppy seed
1 8-ounce bottle coleslaw salad dressing
• • •
1 papaya
2 heads Bibb *or* Boston lettuce
1 head Belgian endive
1 8-ounce can grapefruit sections (water pack), drained
⅓ cup sliced almonds

● **Add** poppy seed to salad dressing bottle. Cover; shake well. Chill till serving.

● **Peel, seed, and slice papaya** (see photo B, *page 126*). Line a large platter with lettuce leaves. Fan papaya to one side, endive to the other. Spoon grapefruit in the center. Sprinkle with nuts. Cover and chill till serving time.

● **Before serving, shake dressing;** drizzle over salad. Makes 8 servings.

Nutrition information per serving: *184 cal., 2 g pro., 13 g carbo., 15 g fat, 14 mg chol., 17 mg sodium, 355 mg potassium, 2 g dietary fiber. U.S. RDA: 33% vit. A, 58% vit. C.*

GRASSHOPPER CHEESECAKE

If your frozen cheesecake has a less-than-beautiful top, drape all of it in fudge topping. Then, add the wafers—
1 6-inch-round frozen plain cream cheesecake
6 layered chocolate-mint wafers
Fudge ice-cream topping in squeeze bottle
½ cup green crème de menthe

● **Let cheesecake and wafers stand** at room temperature 25 minutes.

● **Remove** the cheesecake from its container; score the top into 8 wedges. Using a back- and-forth motion, squeeze the fudge topping over *each* wedge (see photo C, *page 126*).

● **Cut** *four* of the wafers in half diagonally. Arrange in spoke fashion around outside edge of cheesecake with wafers standing on cut edge.

● **To make curls, carefully draw** a vegetable peeler across the edge of remaining wafers; pile curls around bottom edge of cheesecake. Chill till serving time. Pass crème de menthe to drizzle over each serving. Makes 8 servings.

Nutrition information per serving: *318 cal., 5 g pro., 44 g carbo., 11 g fat, 4 mg chol., 140 mg sodium, 127 mg potassium. U.S. RDA: 11% riboflavin.*

MAKE-AHEAD BRUNCH

(Pictured on pages 120–121.)

PROSCIUTTO SOUFFLÉ ROLL IN PARSLEY SAUCE

For prosciutto rose, tightly roll a narrow strip of thinly sliced prosciutto—
¼ cup margarine *or* butter
½ cup all-purpose flour
⅛ teaspoon ground white pepper
2 cups milk
6 beaten egg yolks
6 egg whites
¼ teaspoon cream of tartar
6 ounces thinly sliced prosciutto *or* ham
6 ounces thinly sliced provolone cheese
1 recipe Parsley Sauce
Prosciutto roses (optional)
Parsley sprigs (optional)

● **Line** a 15x10x1-inch baking pan with foil, extending foil 1 inch beyond edges of pan. Grease and lightly flour the foil; set pan aside.

● **For soufflé,** in a 2-quart saucepan melt margarine or butter. Stir in flour and pepper. Add milk all at once. Cook and stir till mixture is thickened and bubbly. Remove from heat.

● **In a medium mixing bowl *slowly* stir** milk mixture into egg yolks.

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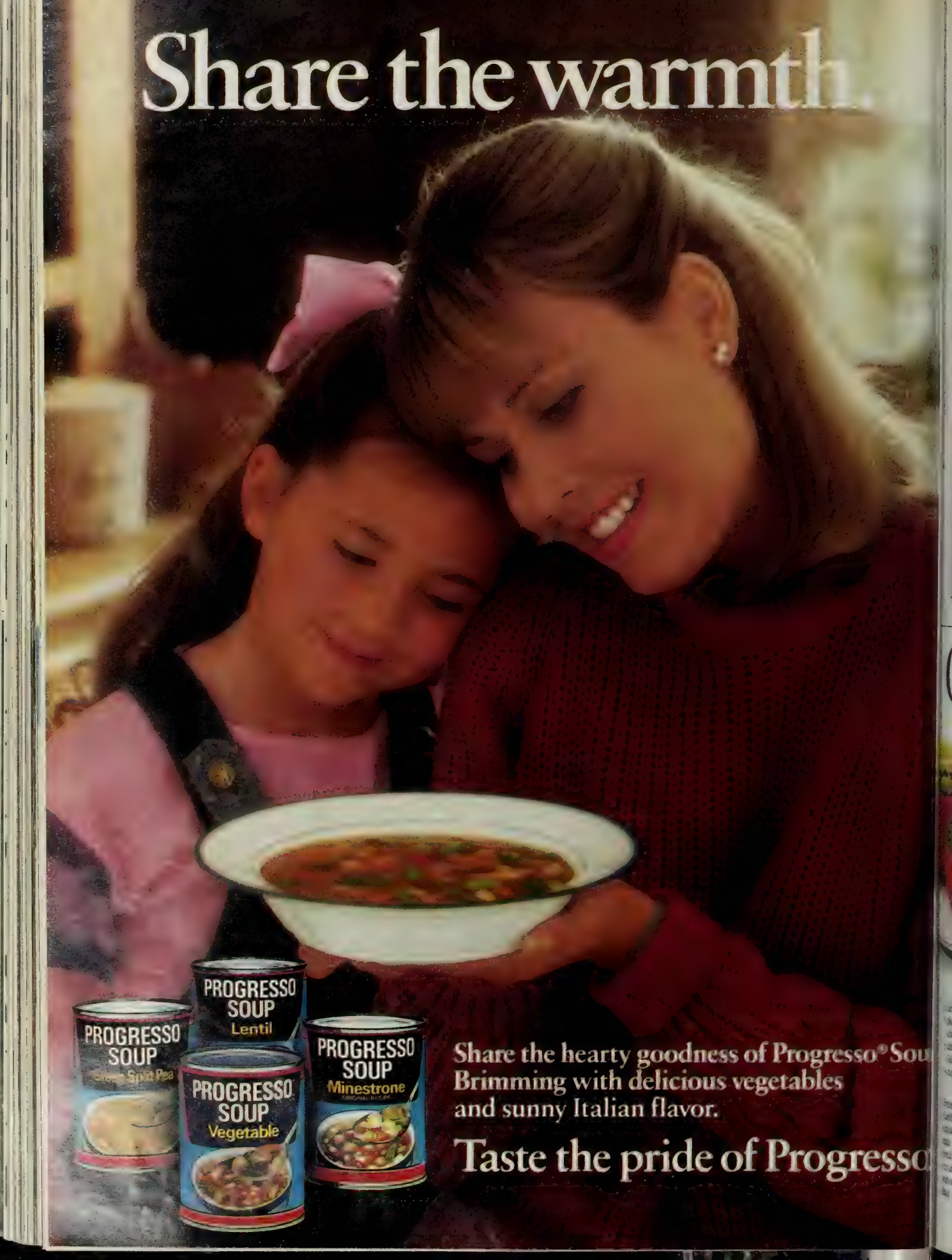


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● **In a large mixer bowl beat** the egg whites and cream of tartar till stiff peaks form (tips stand straight). Fold a little of the beaten whites into the yolk mixture. Fold the yolk mixture into the remaining beaten egg whites. Spread in the prepared pan. Bake in a 375° oven about 20 minutes or till puffed and slightly set.

● **Immediately loosen soufflé** from the pan; turn out onto another large piece of foil. Remove and discard foil that lines pan. Place prosciutto or ham and cheese in a thin layer on top of soufflé. Use foil to roll up soufflé from one of the short sides. Lightly grease the 15x10x1-inch baking pan. Return roll to baking pan. Cover and chill up to 24 hours.

● **To serve, heat roll,** covered, in a 375° oven about 40 minutes or till heated through. Loosen the ends of the roll where the cheese melted onto the foil. Using large spatulas transfer the roll to a platter. Slice the roll with a serrated knife. Serve the slices atop Parsley Sauce. Garnish with prosciutto roses and parsley. Makes 8 servings.

Parsley Sauce: In a blender container or food processor bowl combine 1 cup *parsley leaves,* 2 cut-up *shallots,* and 2 teaspoons *dried basil* or *oregano,* crushed. Cover; blend or process till finely chopped. Add 1½ cups *whipping cream,* 1 tablespoon *cornstarch,* and 1 tablespoon *Dijon-style mustard.* Cover; blend or process till nearly smooth. (*Do not* overblend.) Transfer to a screw-top jar. Cover; chill up to 3 days.

To serve, shake mixture in jar; transfer to a 1½-quart saucepan. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 minute more. Makes 2 cups sauce.

Nutrition information per serving with ¼ cup Parsley Sauce: *439 cal., 19 g pro., 13 g carbo., 35 g fat, 295 mg chol., 657 mg sodium, 336 mg potassium. U.S. RDA: 37% vit. A, 15% vit. C, 19% thiamine, 25% riboflavin, 31% calcium, 12% iron.*

GRENADINE FRUIT MÉLANGE

Stir in the kiwi fruit just before serving to preserve its bright green color—

1 cup cranberries (4 ounces)
½ cup water
⅓ cup sugar
¼ cup currants
1 teaspoon lemon juice
1 teaspoon grenadine syrup

• • •

4 plums (1 pound), pitted and cut into thin wedges (3 cups)

• • •

6 kiwi fruit (1½ pounds), peeled, sliced, and slices halved (3 cups)
Fresh mint sprigs (optional)

● **In a small saucepan stir together** the cranberries, water, sugar, currants, lemon juice, and grenadine syrup. Cook and stir over medium heat for 5 to 7 minutes or till the mixture reaches the consistency of a thin syrup. Cool the mixture slightly.

● **In a large bowl combine** cranberry mixture and plums. Mix well. Cover and marinate in the refrigerator overnight, stirring occasionally. To serve, stir in kiwi fruit. Garnish with mint. Makes 8 servings.

Nutrition information per serving: *107 cal., 1 g pro., 26 g carbo., 1 g fat, 0 mg chol., 4 mg sodium, 302 mg potassium, 3 g dietary fiber. U.S. RDA: 96% vit. C.*

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Great meals with an Italian accent.



STUFFED TOMATOES

6 large ripe tomatoes
1 pkg. (10 ounces) frozen chopped spinach, thawed
3 tablespoons Progresso Olive Oil
¼ cup finely chopped onion
½ cup Progresso Italian Style Bread Crumbs
½ teaspoon salt
⅛ teaspoon ground black pepper
2 tablespoons Progresso Grated Parmesan Cheese

Preheat oven to 375° F. Cut a ½-inch slice from the top of each tomato. Carefully scoop out pulp. Chop pulp and set aside. Place tomato shells upside down to drain. Squeeze out as much liquid from spinach as possible; set aside. In a skillet heat olive oil until hot. Add onion. Sauté for 2 minutes. Stir in bread crumbs, salt, black pepper, reserved chopped tomato and spinach. Cook and stir until hot. Spoon into tomato shells, piling high. Sprinkle each stuffed tomato with one teaspoon Parmesan cheese. Place in an oiled 10- x 6- x 2-inch baking pan. Bake, uncovered, until tomatoes are soft, about 30 minutes. Yield: 6 portions.

BREADED PORK CHOPS

8 thin pork chops (about 2 pounds)
½ cup Progresso Wine Vinegar
1 egg
1 tablespoon cold water
1 cup Progresso Plain or Italian Style Bread Crumbs
⅓ cup Progresso Olive Oil

Arrange pork chops in a shallow pan. Pour wine vinegar over chops. Cover and refrigerate about 2 hours, turning once. Beat egg with cold water. Dip both sides of each chop in egg mixture, then lightly coat with bread crumbs. In a large skillet heat olive oil until hot. Sauté chops, a few at a time, until browned on both sides and cooked through. Do not crowd. Repeat with remaining pork chops, adding more oil if needed. Yield: 4 portions.





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HOLIDAY FOOD

continued from page 145

SUGAR-TOP MUFFINS

You can also bake muffins right after mixing up the batter—

1 cup all-purpose flour
1 cup quick-cooking rolled oats
¾ cup packed brown sugar
¾ teaspoon baking powder
¾ teaspoon baking soda

• • •

1 beaten egg
¾ cup milk
⅓ cup cooking oil
½ cup chopped walnuts

• • •

Cinnamon sugar

● **In a medium mixing bowl combine** the all-purpose flour, quick-cooking rolled oats, brown sugar, baking powder, and baking soda.

● **In a small mixing bowl combine** the egg, milk, and cooking oil. Add the egg mixture to the flour mixture, stirring just till moistened. Stir in the walnuts. Store, tightly covered, in the refrigerator up to 1 week.

● **To bake, stir the batter.** Grease muffin pans or line with paper bake cups; fill ⅔ full with batter. Sprinkle the tops of the batter with cinnamon sugar. Bake in a 375° oven for 18 to 20 minutes or till muffins are golden. Cool slightly on a wire rack. Serve warm. Makes 12 muffins.

Microwave directions: Prepare and chill batter as directed. To serve, stir batter. Line 6-ounce glass custard cups or a microwave-safe muffin pan with paper bake cups. Fill *each* cup ⅔ full with batter. Sprinkle tops with cinnamon sugar. If using custard cups, arrange in a ring on a microwave-safe plate. Micro-cook, uncovered, on 100% power (high) 30 to 60 seconds for 1 muffin, 1 to 2 minutes for 2 muffins, 1½ to 2½ minutes for 4 muffins, or 2½ to 3½ minutes for 6 muffins or till done, giving plate or pan a half-turn after every minute. To test for doneness, scratch the slightly wet surface with a wooden toothpick. Muffins should be cooked underneath. If using custard cups, remove each cup as muffin is done.

Nutrition information per muffin: *224 cal., 4 g pro., 30 g carbo., 10 g fat, 24 mg chol., 106 mg sodium, 137 mg potassium, 1 g dietary fiber.*

CITRUS EYE-OPENER

For ridged orange wedges, use a fruit zester to carve strips from the orange peel before cutting the orange into wedges—

1 12-ounce can (1½ cups) frozen orange juice concentrate
1 6-ounce can (¾ cup) frozen lemonade concentrate
1 cup water

• • •

1 2-liter bottle carbonated water (67.6 ounces)
1 orange, cut into wedges

● **In a gallon container combine** the orange juice concentrate, lemonade concentrate, and the 1 cup water. Cover the container and chill in the refrigerator till serving time.

● **Just before serving, slowly add** carbonated water. Stir gently to mix. Serve over ice. Hook orange wedges on side of glasses or float in punch. Makes about 8 (10-ounce) servings.

Nutrition information per serving: *144 cal., 1 g pro., 36 g carbo., 0 g fat, 0 mg chol., 2 mg sodium, and 296 mg potassium. U.S. RDA: 150% vit. C and 11% thiamine.*



CHEERS

Baker's® & Bacardi® present the Coconut Eggnog Pie

4 cups BAKER'S® ANGEL FLAKE® Coconut
⅓ cup butter or margarine, melted
2 packages (4-serving size) JELL-O® Vanilla Flavor Instant Pudding and Pie Filling
1¼ cups milk
½ cup BACARDI® Amber Rum or Premium Black Rum for more pronounced flavor
⅛ teaspoon nutmeg
3½ cups (8 oz.) thawed COOL WHIP® Whipped Topping

- Combine 2⅔ cups of the coconut with butter. Press evenly into ungreased 9-inch pan. Bake at 300° for 15 to 20 minutes or until golden brown. Cool.
- Combine pudding mix, milk, rum and nutmeg in bowl. Beat at lowest speed of electric mixer for 1 minute. Fold in whipped topping and ⅔ cup of the coconut. Spoon into crust. Sprinkle with remaining coconut. Chill 2 hours.



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WIN MONEY FOR YOUR RECIPES
See Page 152 For Details

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES®



Holiday Cookies

File under Cookies
December 1987

$100 WINNER *Noreen Brady, Acme, Pa.*

Peanut Butter Fudge Rolls

Noreen kept trying different dough and filling combinations until she came up with this tender, flaky cookie that has a rich and creamy double peanut butter filling—

- ¾ cup margarine *or* butter
- 2 cups all-purpose flour
- ½ cup dairy sour cream
- 1 6-ounce package (1 cup) peanut-butter-flavored pieces
- ½ cup peanut butter
- ½ cup sifted powdered sugar
- ½ cup semisweet chocolate pieces
- 1 tablespoon shortening

For dough, in a large mixing bowl cut margarine or butter into flour till mixture resembles coarse crumbs. Stir in sour cream till mixture forms a ball.

For filling, in a medium saucepan melt peanut-butter-flavored pieces over low heat, stirring constantly. Stir in peanut butter. Remove from heat. Stir in sugar.

Halve dough. On a surface sprinkled lightly with additional powdered sugar, roll *each* dough half into a 12x9-inch rectangle. Spread *half* of the filling on *each* rectangle. Roll up from the long side. Wrap and chill for 1 to 2 hours or till firm.

To bake, cut into ½-inch slices. Place on an ungreased cookie sheet. Bake in a 350° oven about 30 minutes or till edges are slightly brown. Remove and cool completely on wire racks.

In a small saucepan cook and stir chocolate pieces and shortening over low heat till melted. Drizzle over cooled cookies. Makes about 36.

Nutrition information per cookie: 138 cal., 3 g pro., 12 g carbo., 9 g fat, 1 mg chol., 75 mg sodium, 70 mg potassium.

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®
PRIZE TESTED RECIPES®



Turkey Casseroles

File under Poultry
December 1987

$100 WINNER *Anita Hecky, Akron, Ohio*

Baked Turkey Stew

Anita created this pepped-up dish to use her leftover grill-smoked holiday turkey—

- 2 stalks celery, thinly sliced
- 1 medium red *or* green sweet pepper, chopped
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2 tablespoons margarine *or* butter
- 4 teaspoons all-purpose flour
- 1 tablespoon chili powder
- ¼ teaspoon dried thyme, crushed
- ¼ teaspoon dried rosemary, crushed
- ⅛ teaspoon ground red pepper
- 1 14½-ounce can stewed tomatoes
- 1 12-ounce can vegetable juice cocktail
- 1½ cups chopped cooked turkey
- 2 cups hot cooked rice

Cook first 4 ingredients in hot margarine or butter till tender. Stir in next 5 ingredients. Add *undrained* tomatoes and juice cocktail. Cook and stir till bubbly. Add turkey. Transfer to 1½-quart casserole. Cover; bake in 375° oven 20 minutes or till heated through. Season with *salt* and *pepper.* Serve over rice. Serves 4.

Nutrition information per serving: 358 cal., 20 g pro., 43 g carbo., 12 g fat, 40 mg chol., 775 mg sodium, 831 mg potassium, 4 g dietary fiber. U.S. RDA: 88% vit. A, 117% vit. C, 20% thiamine, 13% riboflavin, 29% niacin, 10% calcium, 23% iron.





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PRIZE TESTED RECIPES®



Turkey Casseroles

File under Poultry
December 1987

$50 WINNER *Marta Segura, Haleiwa, Hawaii*

Turkey and Pepper Wedges

A rich cheese mixture, crisp vegetables, and tender turkey. Delicious!

- 1 cup packaged biscuit mix
- 1 beaten egg
- 1½ teaspoons cooking oil

• • •

- 2 cups coarsely chopped cooked turkey
- 2 medium red *or* green sweet peppers, cut into thin strips
- 3 medium tomatoes, halved and sliced
- 1 medium red onion, chopped
- 1½ cups shredded Swiss cheese
- ½ cup mayonnaise *or* salad dressing
- ½ cup dairy sour cream
- 1 tablespoon snipped parsley
- Dash pepper

In a small mixing bowl stir together biscuit mix, egg, and oil just till blended; shape into a ball. On a lightly floured surface knead a few times till smooth. Roll into a 12-inch circle; place on a greased 12-inch pizza pan. Top with *half* of the turkey, sweet peppers, tomatoes, and onion.

In a small mixing bowl combine cheese, mayonnaise or salad dressing, sour cream, parsley, and pepper; spread *half* of the mixture over turkey and vegetables. Repeat layers with remaining turkey, vegetables, and cheese mixture. Bake in a 350° oven for 25 minutes or till golden. Serve warm. Makes 6 servings.

Nutrition information per serving: 489 cal., 26 g pro., 21 g carbo., 34 g fat, 127 mg chol., 289 mg sodium, 428 mg potassium, 3 g dietary fiber. U.S. RDA: 66% vit. A, 99% vit. C, 14% thiamine, 20% riboflavin, 19% niacin, 33% calcium, 15% iron.

Photographs: Scott Little

PRIZE TESTED RECIPES®



Holiday Cookies

File under Cookies
December 1987

$50 WINNER *Lori Brown-Rounds, Paradise, Calif.*

Cranberry Date Bars

Lori simmers cranberries and dates for a no-fuss, no-measure filling—

- 1 12-ounce package cranberries
- 1 8-ounce package chopped pitted dates
- 1 teaspoon vanilla

• • •

- 2 cups all-purpose flour
- 2 cups rolled oats
- 1½ cups packed brown sugar
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup margarine *or* butter, melted
- 1 recipe Orange Glaze

For filling, in a medium saucepan combine cranberries and dates. Cook, covered, over low heat for 10 to 15 minutes or till cranberries pop, stirring frequently. Stir in vanilla. Set aside.

In a large mixing bowl stir together flour, oats, brown sugar, baking soda, and salt. Stir in margarine or butter till well blended. Pat *half* of the oat mixture on the bottom of a 13x9x2-inch baking pan. Bake in a 350° oven for 8 minutes. Carefully spread filling over baked oat mixture. Sprinkle remaining oat mixture atop. Pat gently. Bake for 20 to 22 minutes more or till golden. Cool on a wire rack. Drizzle with Orange Glaze. Cut into bars. Makes 32 bars.

Orange Glaze: In a medium mixing bowl stir together 2 cups sifted *powdered sugar,* ½ teaspoon *vanilla,* and enough *orange juice* (2 to 3 tablespoons) to make of drizzling consistency. Makes ¾ cup.

Nutrition information per bar: 186 cal., 2 g pro., 32 g carbo., 6 g fat, 0 mg chol., 104 mg sodium, 119 mg potassium, 2 g dietary fiber. **Buying information, page 180.**

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Give someone you love a ring tonight.



Holiday Ribbon Ring

2 pkgs. (4-serving size) JELL-O® Brand Strawberry Flavor Gelatin
5 c. boiling water
2/3 c. sour cream or vanilla yogurt
2 pkgs. (4-serving size) JELL-O® Brand Lime Flavor Gelatin

1. Dissolve strawberry flavor gelatin in 2 1/2 cups boiling water. Pour 1 1/2 cups into 6-cup ring mold. Chill until set but not firm, about 15 minutes. Chill remaining gelatin in bowl; gradually blend in 1/3 cup of the sour cream and spoon over gelatin in mold. Chill until set but not firm, about 15 minutes. **2.** Repeat with lime flavor gelatin, remaining 2 1/2 cups water and 1/3 cup sour cream, chilling dissolved gelatin before measuring and pouring into mold. **3.** Chill at least 2 hours. Unmold. Makes 12 servings.

Another delicious recipe from The Jell-O® Pages.

strawberry JELL-O gelatin dessert

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WIN MONEY FOR YOUR RECIPES
This Month's Winners, Pages 149,150

PRIZE TESTED RECIPES®

THIS MONTH'S CATEGORIES

Kabob Dinners
Nutritious Snacks

What creative combinations do you thread on skewers for dinner kabobs? Do you have an original healthful snack you fix to satisfy your hungry family?

Send us your recipes—you could be a winner. Two cooks of the month receive $100 each, two others receive $50 each, and six Honor Roll winners get $25 each. Recipes will be pictured on the Prize Tested Recipe pages next July. Winners receive a certificate and six copies of their recipe.

HINTS TO HELP YOU

Kabob Dinners: Your kabobs can use any type of meat, fish, poultry, fruit, or vegetable. Do you steep your kabobs in a marinade or brush them with a secret sauce? **Hints: lamb-papaya kabobs, meatball kabobs with tarragon glaze.**

Nutritious Snacks: These recipes can be either sweet or savory. Perhaps your healthful snack is fast to fix, or easy to freeze and microwave reheat. Is your recipe low in fat, sugar, or sodium, yet high in fiber? **Hints: fruit and cheese sandwich bites, frozen yogurt bars, carrot-tomato drink.**

WINNERS IN THIS ISSUE

$100 Winners

Noreen Brady, Acme, Pa.
Anita Hecky, Akron, Ohio

$50 Winners

Lori Brown-Rounds, Paradise, Calif.
Marta Segura, Haleiwa, Hawaii

Honor Roll Winners

Lize Brittin, Boulder, Colo.; Nellie Cattawi, Ladd, Ill.; Mrs. A. Richard Garback, Gloversville, N.Y.; Evelyn L. Larkin, Long Beach, Wash.; Dorothy M. Miner, Laurel, Mont.; and Mrs. Wendy S. Preo, West Lafayette, Ind.

CONTEST RULES

1. Clearly type or print your name, address, and recipe marked "July Kabob Dinners" or "July Nutritious Snacks." **2.** Specify brand names of food products you use. **3.** Include 50 to 100 words about the origin of the recipe. **4.** If your recipe is purchased, you give Meredith Corporation the right to use the recipe, your name, and hometown in any manner for as long as we wish. **5.** Entries must be postmarked by midnight, December 31, 1987. If recipe duplicates are submitted, the one earliest postmarked will be judged. **6.** We reserve the right to adjust and edit winning recipes. **7.** Address the recipes you enter to 8807 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **8.** All entry materials become the property of the Meredith Corporation.





It's So Easy To Be Festive.

Black Forest Pie

3½ cups (8 oz.) thawed COOL WHIP® Whipped Topping
1 KEEBLER® READY-CRUST® Brand Graham Cracker Pie Crust
1 cup *cold* milk
1 package (4-serving) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling
1 cup cherry pie filling

Spread 1 cup of whipped topping on bottom of pie crust.

Combine milk and pudding mix in medium bowl. Blend with wire whisk or electric mixer (low speed) for 1 minute. Fold in 1½ cups whipped topping. Spread over whipped topping in crust.

Spread remaining whipped topping over top, leaving a 1-inch border and forming a depression in center of the whipped topping. Spoon cherry pie filling in the center. Chill at least two hours. Garnish with melted chocolate, if desired.

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Creamy Pumpkin Pie

1 cup canned pumpkin
½ cup *cold* milk
1 package (6-serving) JELL-O® Vanilla Flavor Instant Pudding and Pie Filling
1 teaspoon pumpkin pie spice
3½ cups (8 oz.) thawed COOL WHIP® Whipped Topping
1 KEEBLER® READY-CRUST® Brand Graham Cracker Pie Crust

Combine pumpkin, milk, pudding mix and pumpkin pie spice in small mixer bowl. Blend with wire whisk or electric mixer (low speed) for 1 minute.

Fold in 2½ cups of the whipped topping. Spoon into crust. Freeze until firm, about 4 hours.

Top with remaining whipped topping.

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Easy Does It, Delicious.

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COUNTRY AND VICTORIAN CRAFTS INDEX

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COUNTRY STYLE

Stag and Pine Tree Sampler, page 103

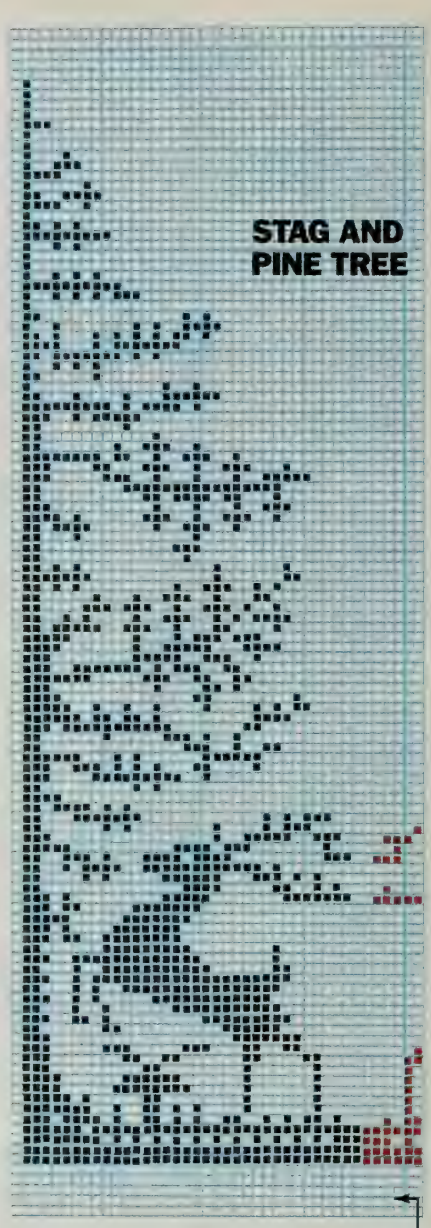
To order sampler kit, see page 178.

Materials: 18×24-in. piece 18-ct. Zweigart Davosa fabric No. 307; 4 skeins DMC embroidery floss No. 304 red or 367 green; graph paper.

Instructions: Finished size, 8¾×15¾.

Transfer chart (*above center*) to graph paper, flopping to complete design. Stitch entire design using 3 strands floss over 2 threads.

Stitch single-row outer border around design, leaving 6 threads open at top of design and 40 threads open at bottom of design. Stitch second border 2 threads outside the first border. See photograph on *page 103* for detail. Stitch 1 row cross-stitches between the inner borders 2 threads below the bottom of the design.

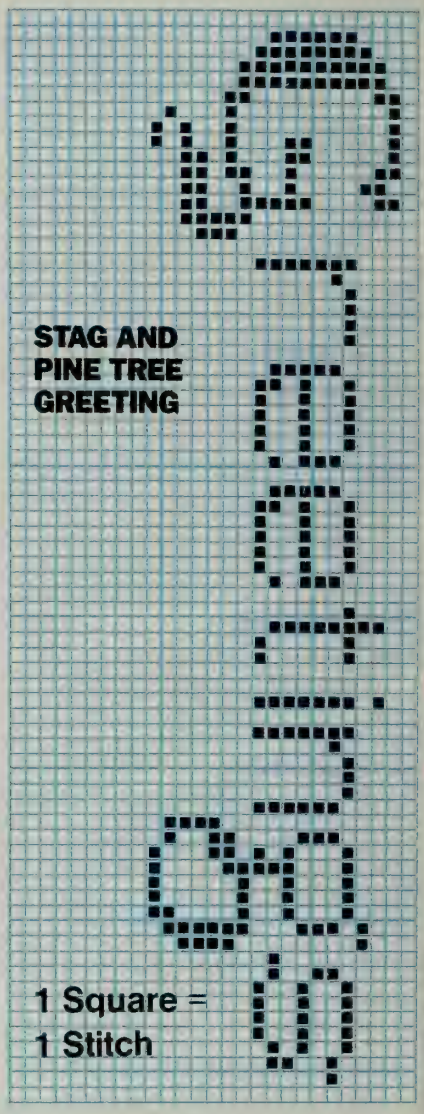


Mark center of open space below design and center of "Greetings" pattern (*above right*); begin stitching lower design here. See photo on *page 103*. *Note:* Stitch lower design using 2 strands over 1 thread. Frame as desired.

Stag and Pine Tree Place Mats, page 103

To order place mat kit, see page 178.

Materials: 18×24-in. piece 18-ct. Zweigart Davosa fabric No. 307; 5 skeins DMC embroidery floss No. 304 red or 367 green; graph paper.



Instructions: Finished size approximately 19½×14½ in.

Transfer chart (*above left*) to graph paper, flopping to complete design. *Note:* Shaded areas indicate beginning of next motif repeat.

Mark vertical center of fabric; begin stitching center of first motif here with bottom edge of design 2 in. from bottom of fabric.

Stitch entire motif using 2 strands floss over 1 thread. Stitch 2 motifs on either side of center motif, using shaded portions as placement guides.

When all designs are completed, border can be stitched. Stitch single row of cross-stitches at bottom of motifs, leaving 2 spaces open between motif and border row. Extend border 2 rows beyond either side of design. See photograph on *page 103* for detail. Stitch 14 in. of cross-stitches up either side of place mat; fill in border across top.

continued on page 156

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COUNTRY STYLE

continued from page 154

Narrowly hem place mat, leaving 6 threads open between stitched border and folded edge.

Paper-Punch Luminarias, page 99
Materials: Brown paper lunch bags; paper punch; pencil; sand; plumber's candles or votives.
Instructions: With bag closed, draw 3 evenly spaced curved lines along both edges. Punch holes along lines with paper punch, folding bag as needed to allow punch to reach to ends of lines. See photograph on *page 106* for detail.

Open bag and fill bottom 2 in. with sand. Place candle in sand, making sure candle does not touch edge of bag.

Note: For safety reasons, do not leave lighted candles unattended.

Country Stocking, page 101
Materials: ⅜ yd. wool fabric; ⅜ yd. muslin; 6×18-in. bias scrap plaid fabric; 1½ yd. and ½ yd. piping in different colors; ⅜ yd. lightweight quilt batting; thread; water-erasable marker; ruler.
Instructions: Assemble as for Serape Stocking on *page 48*, substituting wool for serapé. Machine-quilt in 1-in. squares using contrasting thread. See photograph on *page 101* for detail. Pipe edges of stocking and cuff if desired. Substitute bias-cut plaid cuff for fringed edge of serape.

Miniature Sailboat, page 101
To order boat project plan, see page 178.

Filet Crochet Pillow and Window Ornament, page 102
Materials: 2 balls white DMC Cébélia No. 10; size 12 steel crochet hook; pencil; graph paper.
Instructions: GAUGE: 11 spaces = 2 in.; 11 rows = 2 in. Finished piece measures approximately 13x21½ in.

Note: Chart shown on *page 154* is right half of full design. Before beginning, chart full design to graph paper by transferring right half as shown and repeating same design for left half.

Ch 158.

Row 1: Dc in 6th ch from hook, (ch 1, skip 1 ch, dc in next ch) across until there is a total of 76 spaces. Ch 4, turn.

Rows 2 and 3: (Dc in next dc, ch 1) across, dc in 3rd st of turning ch. Ch 4, turn.

Rows 4 and 5: (Dc in next dc, ch 1) 4 times, dc in next dc—*4 spaces made*—(dc in next space, dc in next dc) 68 times—*makes 68 blocks*, end row with 4 spaces. Last dc is made in 3rd st of turning ch. Ch 4, turn.

Continue working design in this manner following chart for placement of blocks and spaces. All spaces consist of 2 dc with ch-1 between, and all blocks have 1 dc in place of the ch-1. There will be 5 rows of plain mesh after the design is finished. Do not fasten off at end of Row 116. Ch 1, turn.

Edging: Working back across Row 116, make 2 sc in beginning sp and * 2 sc in each sp to next corner. In corner sp work 4 sc. Rep from * around 3 remaining sides, ending with 2 more sc in beginning corner. Join with sl st to first sc. Fasten off and weave in loose ends. Block. For window ornament, frame between 2 sheets clear acrylic. For pillow, back with black wool; finish as desired.

Miniature Pinecone and Shell Wreath, page 101
Materials: 5-in.-diameter circle hardboard; hot-glue gun and clear glue sticks; small pinecones; small natural objects such as shells, sponges, dry seaweed, driftwood, starfish, sand dollars, magnolia pods, or any other dried native materials.

continued on page 159

How to test drive a pickle.



If a pickle can
take the curves like this,
it's been cooked and parked
on a grocer's warm shelf.

A Claussen® pickle
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the freshness.



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Reynolds® Oven Cooking Bags

GLORIOUSLY SIMPLE!

THANKFULLY SIMPLE TURKEY

1 tablespoon flour
1 turkey size (19" x 23½") Reynolds® Oven Cooking Bag
1 medium onion, sliced
2 stalks celery, sliced
16 to 20 pound turkey, thawed and rinsed
2 tablespoons vegetable oil

Preheat oven to 350° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Place onion and celery in bag. Remove neck and giblets. Lightly stuff, if desired. Brush with oil. Place turkey in bag. Close bag with nylon tie; make 6 half-inch slits in top. Insert meat thermometer through slit in bag into thigh. Bake to 180°F or 2¾ to 3¼ hours. Add ½ hour for stuffed turkey. Makes: 16 to 20 servings.

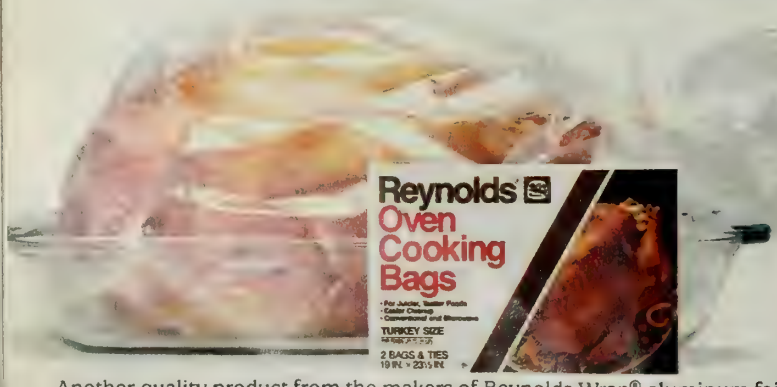
TAKE-A-HOLIDAY HAM

1 tablespoon flour
1 turkey size (19" x 23½") Reynolds® Oven Cooking Bag
12 to 16 pound fully-cooked ham, bone-in
Whole cloves

Preheat oven to 325° F. Shake flour in Reynolds Oven Cooking Bag; place in roasting pan at least 2 inches deep. Remove skin; trim fat from ham, leaving a thin layer. Lightly score surface of ham; stud with cloves. Place ham in bag. Close bag with nylon tie; make 6 half-inch slits in top. Insert meat thermometer through slit in bag. Bake to 140°F or 2½ to 3¼ hours. Makes: 16 to 22 servings.

For FREE recipes, write:
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Another quality product from the makers of Reynolds Wrap® aluminum foil.

continued from page 156

Instructions: Cut 3-in.-diameter circle from center of wreath base. Glue pinecones along inner and outer edges of wreath, overlapping as closely as possible. Arrange remaining materials in space between pinecones, filling small spaces with shells and additional pinecones. *Note:* Select 1 larger, more prominent object for focal point and arrange other materials around it for most pleasing arrangement.

Fisherman Afghan, page 102

Materials: 23 skeins No. 111 eggshell Coats and Clark Red Heart Premier 4-ply hand-knitting yarn (3½-oz. skein); size 8 knitting needles or size to obtain gauge given below; size H aluminum crochet hook; double-pointed needle for making cables.

Stitches: ***Moss and mock cable pat*** (worked over 37 sts): *Rows 1 and 3* (right side): P 1, (k 1, p 1) 4 times, k 1, * k through back loop (tbl), p 2, k 1 tbl, (k 1, p 1) 4 times, k 1; rep from * once again, p 1.

Rows 2, 4 and 6: K 1, * (k 1, p 1) 5 times, k 2, p 1; rep from * once more, end (k 1, p 1) 4 times, k 2.

Row 5: P 1, (k 1, p 1) 4 times, k 1, * yo, k 1, p 2, k 1, pass yo over last 4 sts (mock cable made); (k 1, p 1) 4 times, k 1; rep from * once more, p 1.

Rep Rows 1-6 for pat.

Cable pat (worked over 66 sts): *Row 1* (right side): P 5, (k 6, p 4) twice, k 4, *sl 2 to dpn, and hold in back of work, k 2, k 2 from dpn—cable 4 back completed (C4B), sl 2 to dpn and hold in front of work, k 2, k 2 from dpn—cable 4 front completed (C4F),* k 4, (p 4, k 6) twice, p 5.

Rows 2, 4 and 6: K the k sts, p the p sts as they face you.

Row 3: P 5, (k 6, p 4) twice, k 2, C4B, k 4, C4F, k 2, (p 4, k 6) twice, p 5.

Row 5: P 5, *sl 3 sts to dpn and hold in front of work, k 3, k 3 from dpn, cable 6 front completed (C6F),* p 4, *sl 3 sts to dpn and hold in back of work, k 3, k 3 from dpn, cable 6 back completed (C6B),* p 4, C4B, k 8, C4F, p 4, C6B, p 4, C6F, p 5.

Rep Rows 1-6 for pat.

Instructions: Finished size approximately 58×70 in. without fringe.

Gauge: Over moss st 5 sts = 1 in.

Moss and mock cable panel (make 2): Cast on 37. Work Rows 1-6 of pat until length measures 70 in. end with right-side row. Bind off.

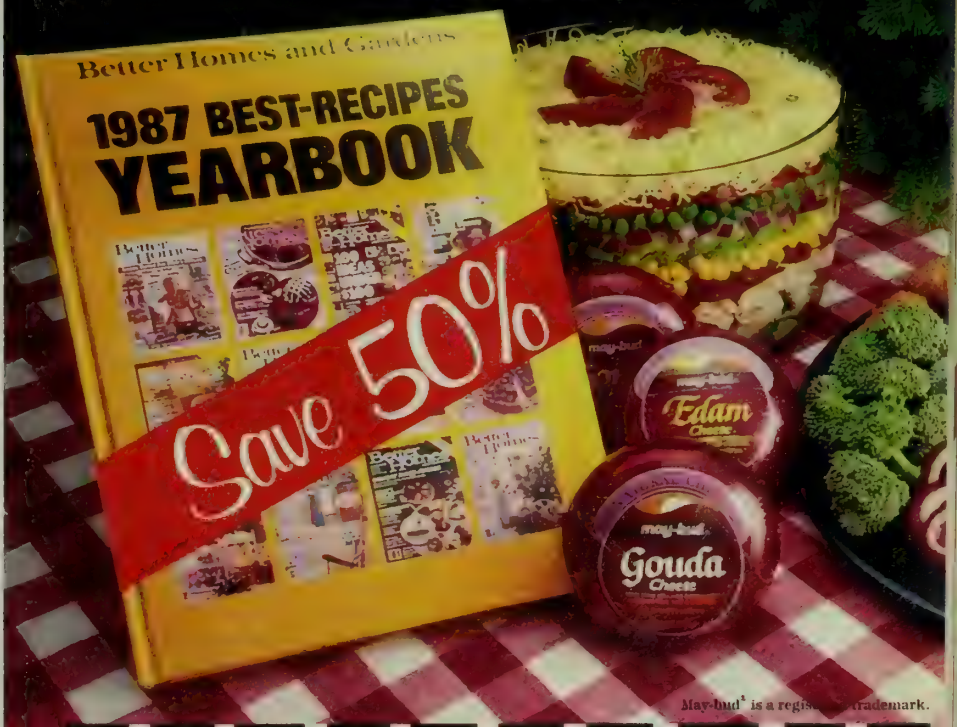
Right edge moss and mock cable panel (make 1): Cast on 41 sts. K 5, place marker, over rem 36 sts work Row 1 of moss and mock cable pat omitting first st of pat row. Continue in pats, keeping 5 sts at right edge in garter st throughout and continuing in moss and mock cable pat over rem 36 sts, omitting first st of all right-side rows and omitting last st of all wrong-side rows. When length measures 70 in., end with a right-side row. Bind off.

continued on page 160

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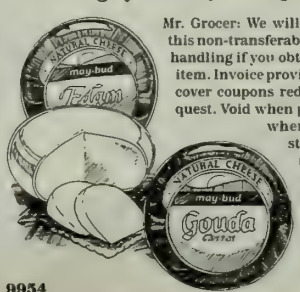
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continued from page 159

Left edge moss and mock cable panel (make 1): Work as for Right edge moss and mock cable panel, reversing position of pats, omitting last st of all right-side rows and first st of all wrong-side rows of moss and mock cable pat.

Cable panel (make 3): Cast on 66 sts. Row 1 (wrong side): Purl. Next row: Beg cable pat, working until length measures 70 in. ending with right-side row. Bind off.

Arrange panels as follows beg at left edge: Left edge moss and mock cable panel, (cable panel, moss and mock cable panel) twice, cable panel, right edge moss cable panel. With right sides tog, join panels with sl st. Lay flat, dampen, block and allow to dry.

Finishing: Edging: Row 1: With right side facing and with crochet hook, work 219 sc evenly across upper edge, keeping work flat; ch 1, turn.

Row 2 and 3: Work even in sc, ending Row 3 with ch 3, turn.

Row 4 (loop row): * Sk 2 sc, sc in next st, ch 3; rep from * across to within last 3 sts; sk 2 sc, sc in last st—73 ch-3 loops.

Fringe: Cut 6 strands each 26 in. long. Fold these strands in half to form lp. With right side of afghan facing and working along one narrow edge, inset crochet hook from back to front in corner ch-3 lp and draw lp of strands through. Draw loose ends through loop and pull up tightly to form knot. Rep in each ch-3 lp across. Picking up half the strands of first knot and half the strands of second knot, make an overhand knot 1 in. below first knot at midpoint bet two upper knots. * Picking up rem strands of previous knot and first half of strands of next knot, make knot as before. Rep from * across. Using 12 strands for each knot, make another row of knots 1 in. below and in line with first row of knots.

Work fringe across other narrow edge in same way. Trim evenly.

Sailboat, page 104
To order boat project plan, see page 178.

Tugboat, page 104
To order boat project plan, see page 178.

Fish-Lure Ornament, page 104
To order fish project plan, see page 178.

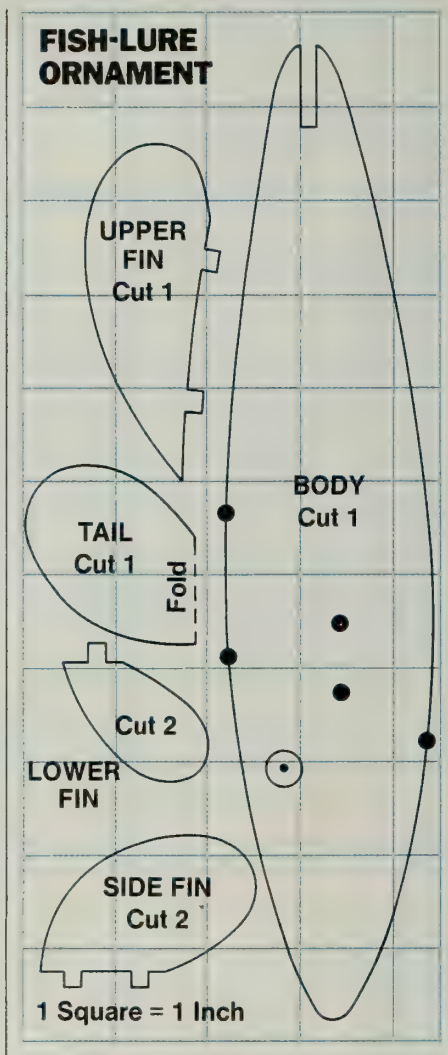
Materials: Scraps ½-in. pine and ⅛-in. hardboard; small screw eye; wood glue; ⅜-in. drill bit; drill; thumbtacks; red, green, yellow, blue, and black acrylic paints; artist's brush.

Instructions: Enlarge pattern (*above center*) to scale; transfer body to pine and fins to hardboard. Cut out; sand all edges lightly.

Drill holes for fish fins as indicated by dots on pattern. For side fins, drill holes through body, and for lower fins, drill holes at each side of body piece at 45-degree angle.

Insert fins into body holes and tail into slot, securing with glue; let dry. Screw screw eye into body at tail. Paint desired color; let dry.

With remaining colors, add freehand designs (stripes, zigzags, swirls, or dots) to body. Add brightly colored thumbtack eyes. Antique with a wash of black acrylic if desired.



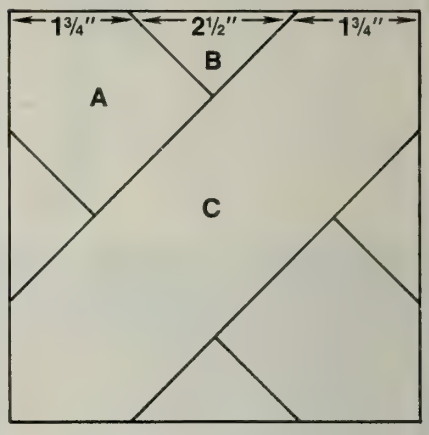
Garden Path Quilt, page 104

Materials: 45-in.-wide fabric in the following amounts: 4¼ yd. white, 4 yd. gold, 5½ yd. backing; quilt batting; template plastic or cardboard; graph paper; pencil.

Instructions: Finished size is approximately 77×89 in.

Note: Quilt is made of three types of 6-inch blocks: X blocks, striped blocks, and white squares.

Enlarge pattern for X blocks by drawing 6-in. square on graph paper. Referring to dimensions on pattern diagram (*above right*), add lines to create patterns A, B, and C. Cut templates for these pieces, adding ¼-in. seam allowances to all sides.



Note: Measurements given for quilt borders and all other pieces include ¼-in. seam allowances.

Cutting: Cut 90-in.-long piece from gold and white fabrics. From white fabric, cut four 3½×90-in. borders, four 2½×90-in. binding strips, and six 3×90-in. strips for the stripe blocks. From remaining white fabric, cut five 6½×42-in. strips. Recut these strips into 30 white squares, each 6½ in. square. Cut 168 triangles using template B. *Note:* Place long side of triangles on fabric grain.

From gold fabric, cut four 3×90-in. borders and twelve 2¼×90-in. strips for stripe blocks. Cut 84 of piece A and 42 of piece C.

Piecing: For X blocks, sew B triangle to opposite sides of A pieces to form triangles. Sew the pieced triangles to opposite sides of the C strips. See photograph on *page 104* for detail. Make 42 X blocks; set aside.

For stripe blocks, sew gold 2¼×90-in. strip to opposite sides of white 3×90-in. strips. Cut pieced strips into 6½-in. square blocks. Make 71 stripe blocks; set aside.

To piece the quilt top, make 7 odd rows by alternating 6 X blocks with 5 stripe blocks, placing the stripes horizontally. Make 6 even rows by alternating 6 stripe blocks with 5 white squares, placing the stripes vertically. Join the horizontal rows, alternating the odd and even rows.

Sew white border to opposite sides of quilt top; trim excess border. Sew white border to top and bottom of quilt; trim excess. Repeat for gold border.

Finishing: Piece quilt back to fit finished top. Layer quilt top, batting, and quilt back; baste all layers securely. Quilt as desired. Trim excess batting and back even with top.

Join the 2½×90-in. white binding pieces into long strip; bind edges.

continued on page 163

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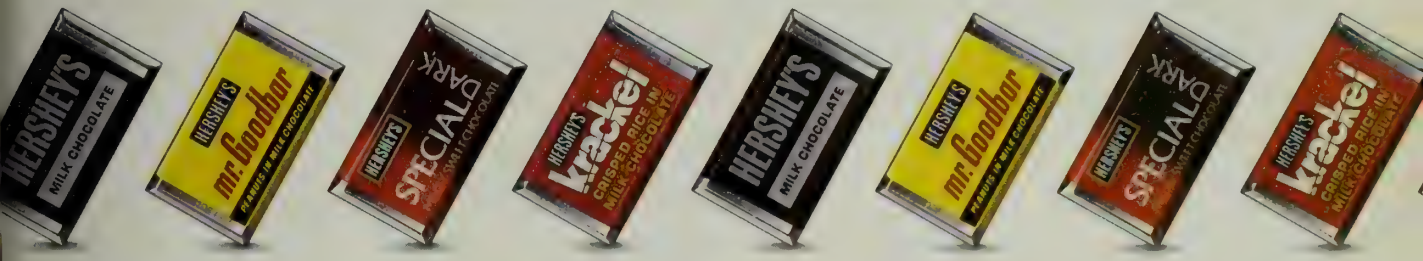
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COUNTRY STYLE

continued from page 160

Five Star Rug, page 107

Materials: 46×30-in. piece burlap; 3⅜ yd. binding; rug hook or No. 5 or 6 crochet hook; wool scraps; permanent marker; large embroidery hoop or frame; tape.

Instructions: Finished size is approximately 40×24 in.

Draw 40×24-in. rectangle onto burlap. Machine-stitch 1 in. beyond marked line to secure burlap; tape around all edges.

Draw large star in center of rug and small star in each corner. See photograph on *page 107* for detail.

Cut wool into strips approximately ⅛×12 in. in size, taking care to cut along grain. Stretch burlap over frame. Push hook through 1 mesh of burlap; pull end of wool back through burlap to length of 1 in.

Note: Strip will later be trimmed to match loops. Insert hook into next mesh and pull loop of wool back through burlap to height of approximately ⅛ in. Continue hooking until strip is used up; pull end to front.

Continue with remaining strips, changing colors as needed. Skip holes when pile strains burlap or is too tightly packed. Trim all ends when finished. *Note:* Back of rug should be smooth.

Outline, then fill in stars with desired colors of wool. Fill in background with random colors. Trim edges and bind with coordinating bias strips.

Awning-Stripe Ornaments, page 104

Materials: 4-in. plastic foam balls; green, yellow, orange, red, white, and black Aunt Lydia's rug yarn; white crafts glue; crafts knife or scissors; straight pins.

Instructions: *Note:* Colors and patterns are influenced by traditional awning colors and stripes. See photograph on *page 107* for detail.

Coat small portion of ball with glue. Pin length of yarn to glue-coated ball, carefully wrapping yarn around pinned end in a spiral.

Continue wrapping, adding glue as you work down the ball. Secure with straight pins as necessary.

To change colors, cut yarn with crafts knife. Begin second color at end of first color. Make all color changes in line on one side of ball.

Finish half of ball; let dry and remove pins. Repeat for second half, beginning directly opposite the start of the first half. Attach ribbon hanger with pin if desired.

Shell and Pinecone Wreath, page 105

Materials: Pinecones of various sizes and shapes, including 5 long, slender ones; tiered wire wreath; 11 tun shells of similar size; 12 small shells of similar size; starfish; twine; hot-glue gun.

Instructions: Glue large pinecones to outer circle of wreath, keeping wreath shape as even as possible and fitting pinecones closely together.

Continuing in same manner, glue smaller pinecones to inner circle of wreath; let dry.

Place the 5 long, slender pinecones at wreath base with bases joining and tips pointing outward and slightly upward; glue in place. See photograph on *page 105* for detail. This will be the space for starfish and twine bow.

Arrange tun shells around center of wreath; glue in place. See photograph on *page 105* for detail. Glue small shells on each side of tun shells.

Glue starfish in place. Loop twine into bow and glue or wire into place. Fill in any spaces with small pinecones. If desired, back wreath form with felt.

continued on page 164

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VICTORIAN STYLE

continued from page 163

Indian Blanket Coat, page 107
Materials: Pendleton Indian blanket(s) or suitable substitute; commercial jacket pattern.
Instructions: *Note:* Make sure yardage requirements of jacket correspond to yardage in blanket.

Lay pattern pieces onto blanket, matching stripes or patterns where necessary. Cut out. Finish according to pattern instructions.

Bear Family, page 107
To order full-size bear patterns, see page 178.

VICTORIAN STYLE

Victorian Baby Doll, page 109
To order doll kit, see page 178.
Materials: 45-in.-wide fabric in the following types and amounts: ½ yd. muslin for body, 2½ yd. white embroidered border eyelet for dress and bonnet, 1 yd. lightweight white for dress bodice lining and slip; 10 skeins light rust embroidery floss for hair; dark gray, blue-gray, dark peach, peach, and white scrap embroidery floss for face; polyester fiberfill; 4 yd. ¼-in.-wide white satin ribbon; ½ yd. elastic cord; powdered blush; dressmaker's carbon or water-erasable marker; doll needle; dental floss for soft-sculpting.
Instructions: *Note:* All pieces include ¼-in. seam allowances unless otherwise stated. Sew all pieces right sides together and press and clip seam allowances unless otherwise stated.

Enlarge pattern on *page 166* to scale; cut out all pieces from appropriate fabrics except face. *Note:* Cut dress bodice so that bottom of bodice is along bordered edge of eyelet.

In addition, cut the following pattern pieces with longest edge along eyelet border: one 22×54-in. rectangle for skirt; one 12¾×8½-in. rectangle for bonnet. Cut the two 9×11-in. rectangles for sleeves from remaining eyelet. Cut one 26×38-in. rectangle for slip skirt from plain white fabric.

Body and legs: Sew center front and center back seams of body; set aside.

Sew heel and toe darts of each leg; trim. Sew legs together in pairs, leaving open at tops and between dots; turn to right side. At top of one leg, fold fabric flat and slide so that front seam falls ½ in. to right of back seam; baste in place. This makes the right leg. Repeat for left leg, reversing process so front seam is to left of back seam.

Sew gathering stitches to tops of legs and pull to measure 2 in. Sew legs to body front between dots. Sew body back to front, leaving open at neck. Turn to right side and stuff body firmly. Stuff legs firmly to within 1 in. of top. *Note:* Do not stuff top 1 in. of leg. Sew openings closed.

continued on page 166



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continued from page 164

If desired, stitch heel dimples by taking small stitch at end of one dart, pulling needle through foot to end of other dart. Pull dental floss tightly and knot. Stitch through knee 1 in. from front seam to create knee dimples. Soft-sculpt toes if desired.

Arms: Sew arms together in pairs, leaving open between dots. Turn to right side and stuff firmly to within 1 in. of top. *Note:* Do not stuff top 1 in. of arm. Slip-stitch openings closed. Tack 1 arm securely to each side of body 1⅛ in. from neck opening.

Face and head: Trace face outline and features onto right side of muslin. Satin-stitch eyes with gray-blue floss and lips with dark peach. Straight-stitch eye accents with white and dark gray and eyelashes with peach. Satin-stitch nose with peach. Stem-stitch eye outline with dark gray. Stem-stitch eyebrows with peach. Color cheeks with blush. Cut out face.

Sew face darts and trim. Sew chin to face from dot to dot, matching centers. Sew center seam of head backs.

Sew head back to face and chin, keeping pointed seam allowances at dot free and leaving open at neck edge. Turn to right side; stuff firmly. Turn under ¾ in. on neck edges; sew body to head with dental floss.

Hair: For each section, remove paper from 1 skein floss and spread center of floss to measure 1¾ in. Sew across center and cut each end. Tack 1 skein to head where darts and head seams meet. Repeat for remaining skeins, tacking to head back ½ in. from seam line. *Note:* Use several skeins for longer or thicker sections, such as above ears. Trim length as needed and gently comb and style hair.

Slip: Sew fronts to backs at shoulders. To make lined bodice, sew bodice to lining along centers back, neck, and armholes; turn to right side. Match side seams of lining and bodice, right sides together; sew.

Gather one long edge of skirt. Sew short edges together to within 5 in. of gathered edge for center back seam. Press edges of opening to wrong side; topstitch in place. Turn up 5¼-in. hem, turning under raw edge; hand- or machine-stitch hem.

Pull skirt gathers to fit bodice; sew together along stitching line. Press under seam allowance of bodice lining; hand-sew over stitching line, encasing raw edges. Tack ribbons at neck and bodice edges for closure.

Dress: Sew fronts to backs at shoulders. To make lined bodice, sew bodice to lining at centers back and neck; turn. Sew bodice side seams, then lining side seams, right sides together. Turn and press.

Baste bodice to lining at armhole edges, wrong sides together. Assemble skirt same as for slip, omitting hem. Gather edge to fit bodice; sew together. Tack or topstitch bodice bottom over seam line, encasing raw edges.

Gather 1 wide edge of each sleeve. Turn under 1 in. on opposite edge. Place elastic on wrong side of hem, ¾ in. from folded edge. Zigzag over elastic, keeping elastic free from stitches. Pull up elastic to fit wrist. Sew underarm seams, catching ends of elastic in seam line to secure.

Gather sleeves to fit armhole edges, leaving underarm free of gathers. Sew sleeves to bodice. Tack ribbons at neck and bodice edges for closures.

Bonnet: Cut 2¾ in. from bordered edge of eyelet; this will be the band. Narrowly hem short sides of band and bonnet. Stitch right side of band to wrong side of bonnet along cut edge. Turn band to right side of bonnet, encasing raw edges; press.

Press under ¾ in. of remaining raw edge; turn under raw edges. Sew along folded edge to form casing. Insert 20 in. satin ribbon through casing; pull up ribbon to fit doll's head and tie in bow. Trim ends of ribbon.

Tack long ribbons to front edges of bonnet; tie under doll's chin, allowing ribbons to drape.

Peppermint Wreaths, page 108

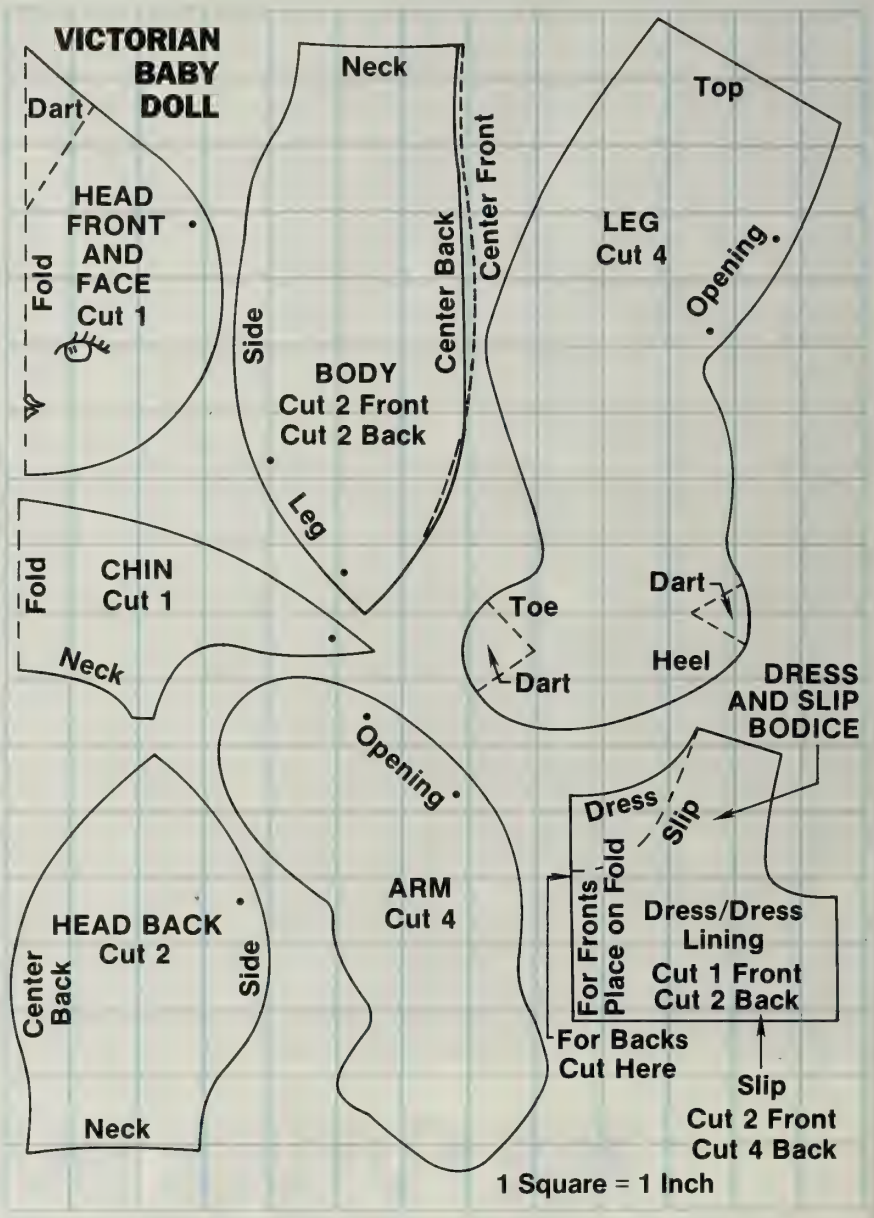
Materials (for 8 ornaments): 1¼ yd. 45-in.-wide red and white striped fabric; 12 yd. ½-in.-diameter cable cord; 1½ yd. piping cord.

Instructions: Finished size, approximately 5 in. diameter.

Cut fabric into 2-in.-wide bias strips.

To cover cable cord with fabric, measure 48-in. length cable cord and bias-cut fabric. Overlap end of piping to end

continued on page 168





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VICTORIAN STYLE

continued from page 166

of cable cord about 1 in.; sew together securely with zigzag stitch.

Fold fabric in half lengthwise over piping, right sides together. Sew ¼ in. from raw edge and across end where piping joins cable cord; leave tube open at other end.

Gently pull out piping from fabric, turning fabric right side out and over cable cord. Repeat 7 times.

Cut fabric-covered cord into 15-in. lengths. Pull ¼ in. from each end; trim off. Turn under raw edges; baste.

Twist 2 lengths together evenly, matching ends to form circle. Sew ends together. Loosely wrap third length in opposite direction; sew ends together. Bow over stitching if desired.

Alphabet Tree Ornaments, page 108
To order kit, see page 178.

Velvet Roses, page 108
Materials: 6-in. strip 45-in.-wide velvet; silk leaf cluster (available at florist's supply and crafts stores); florist's wire; gold spray paint.
Instructions: Tie 12-in. length wire to center of velvet strip. Attach wire to back of chair or stair rail for support while making rose.

Beginning at wire, twist ends of velvet tightly in opposite directions, causing fabric to curl for flower center. Refer to photograph on *page 113*.

Working with natural curl, continue twisting ends and wrap around center, overlapping or intertwining as necessary to hold.

Bring ends to back of rose. Remove from support; fasten ends with wire.

Spray leaf clusters gold. Attach to back of rose; shape as desired.

Fasten to tree or wreath with remaining wire.

Pierced-Paper Dove, page 108
To order kit, see page 178.
Materials: Medium-weight white paper; pencil; needle; scissors; white glue; crafts knife.
Instructions: Enlarge pattern on *page 170* to scale; trace lightly onto wrong side of paper, making sure to reverse directions as noted on pattern.

continued on page 170

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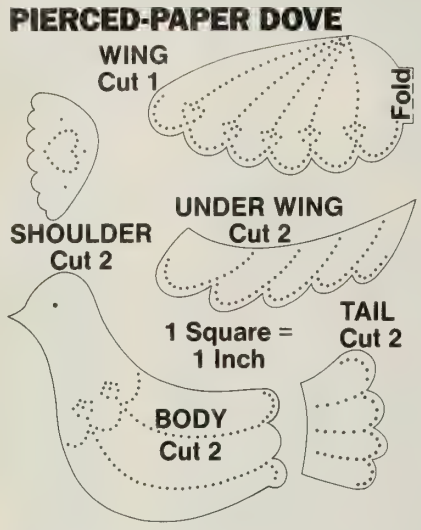
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continued from page 168



Note: Double-sided body and tail pieces may be cut as one to aid in matching pieces.

Cut out all pieces; pierce along lines from wrong side of paper. See photograph on *page 112* for detail.

Fold wings along dotted line, right sides together. Glue creased tab together so wings meet; let dry completely.

Crease wings, right sides together, along row of piercing closest to tab; secure with glue. Curve wing on either side of crease over finger or pencil.

Glue wing shoulder over crease in wing; repeat for other wing. Let dry.

Crease underwings along piercing lines, right sides together; roll scallops over finger or pencil to shape. Glue underwings to wings; allow to dry. See photograph on *page 112* for detail.

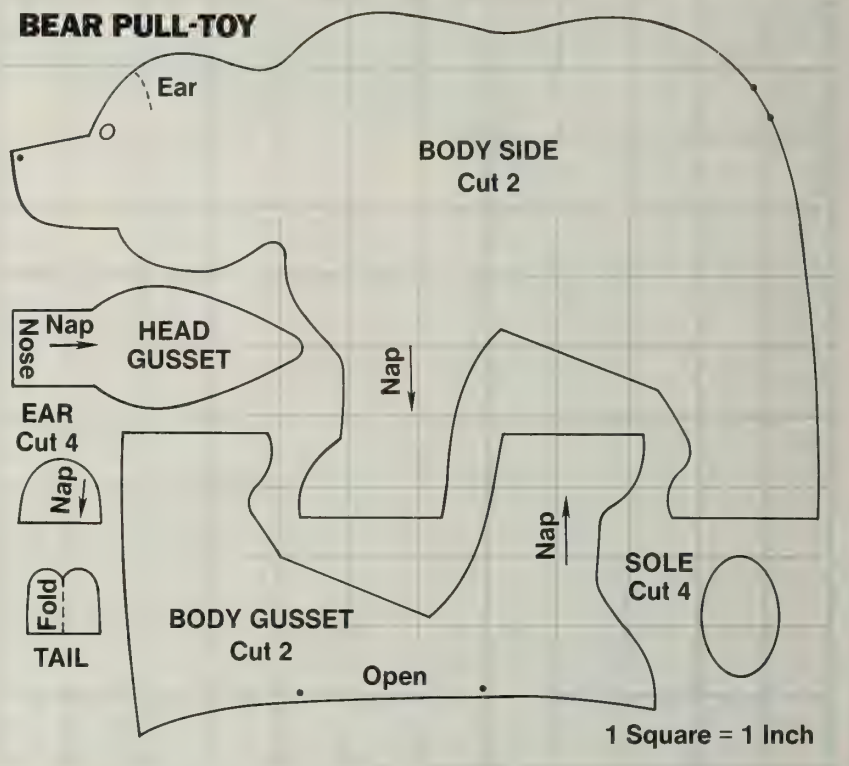
Glue head and body centers together, leaving open along upper back and tail. Fan tail to shape.

Glue tail pieces together along straight edge. Fan scalloped edges slightly to shape.

Slip wing tab into upper back between pieces; glue in place. Slip tail into body between pieces; glue in place.

Victorian Pony, page 108
To order project plan, see page 178.

Bear Pull-Toy, page 112
Materials: 14×24-in. piece beige fur; two 9-mm eyes; 2×5-in. piece hook-and-loop tape; black embroidery floss; polyester fiberfill; 5×10-in. piece ¾-in. oak; four 2⅞-in. metal wheels (available at [illegible]ts stores); ¾ yd. ¼-in. cord; 8 small [illegible]shers; Accent Country Colors acrylic paint in Pine Needle; varnish; wood filler; wood stain; 3-in.-long ½-in. dowel; [illegible]-in. gold bells; 3 ft. florist's wire.
Instructions: *Note:* All pieces *except tail* [illegible] ¼-in. seam allowances. Sew all [illegible]e pieces for bear with right sides together unless otherwise stated.



For bear: Enlarge pattern (*above*) to scale; transfer to back of fur. Transfer soles to hook-and-loop tape. Cut out all pieces except tail, making sure to reverse pieces and follow nap markings.

Sew body gusset pieces together along upper edge, leaving open between dots. Sew gusset to 1 body side, leaving open at bottom of legs; repeat for other side.

Sew chin and chest of bear, starting at dot and stopping at gusset.

Sew straight edge of nose gusset to nose; sew 1 side of head gusset to head. Repeat for other side. Insert eyes.

Sew back of bear from head gusset to body gusset; reinforce by stitching again. Sew loop portions of hook-and-loop tape soles to leg openings.

Turn bear; stuff firmly. Hand-sew opening closed. Sew ears together along curved edges; turn and sew openings closed. Sew ears on head, curving slightly. Clip fur on snout; embroider nose and mouth using 6 strands floss. See photograph on *page 112* for detail.

Fold tail section on dotted line; sew on solid line, leaving open at bottom. Cut out and turn to right side. Hand-sew to bear as marked on pattern.

For base: Paint wheels; set aside to dry. Sand and paint dowel.

Sand base. Stain and varnish according to manufacturer's directions. Drill pilot holes for wheels 1½ in. from front and back ends. Drill ¼-in. hole through base at center front.

Nail wheels to base, inserting 2 washers between wheel and base. Insert cord through hole; tie on under side to secure.

Drill ¼-in. hole through center of dowel; insert free end of cord and knot to secure; trim ends.

Stand bear on base; mark position of feet. Glue hook portions of hook-and-loop pieces to marked spots. When dry, place bear on base hook-and-loop tape.

For collar: Fold wire in half. Slide 1 bell down each end of wire. Twist wires together to secure bells. Slide bell down each end of wire; twist. Repeat for remaining bells. Loop wire into circle; twist wire ends around end bell to secure. Slip over bear's head and adjust if necessary; trim ends.

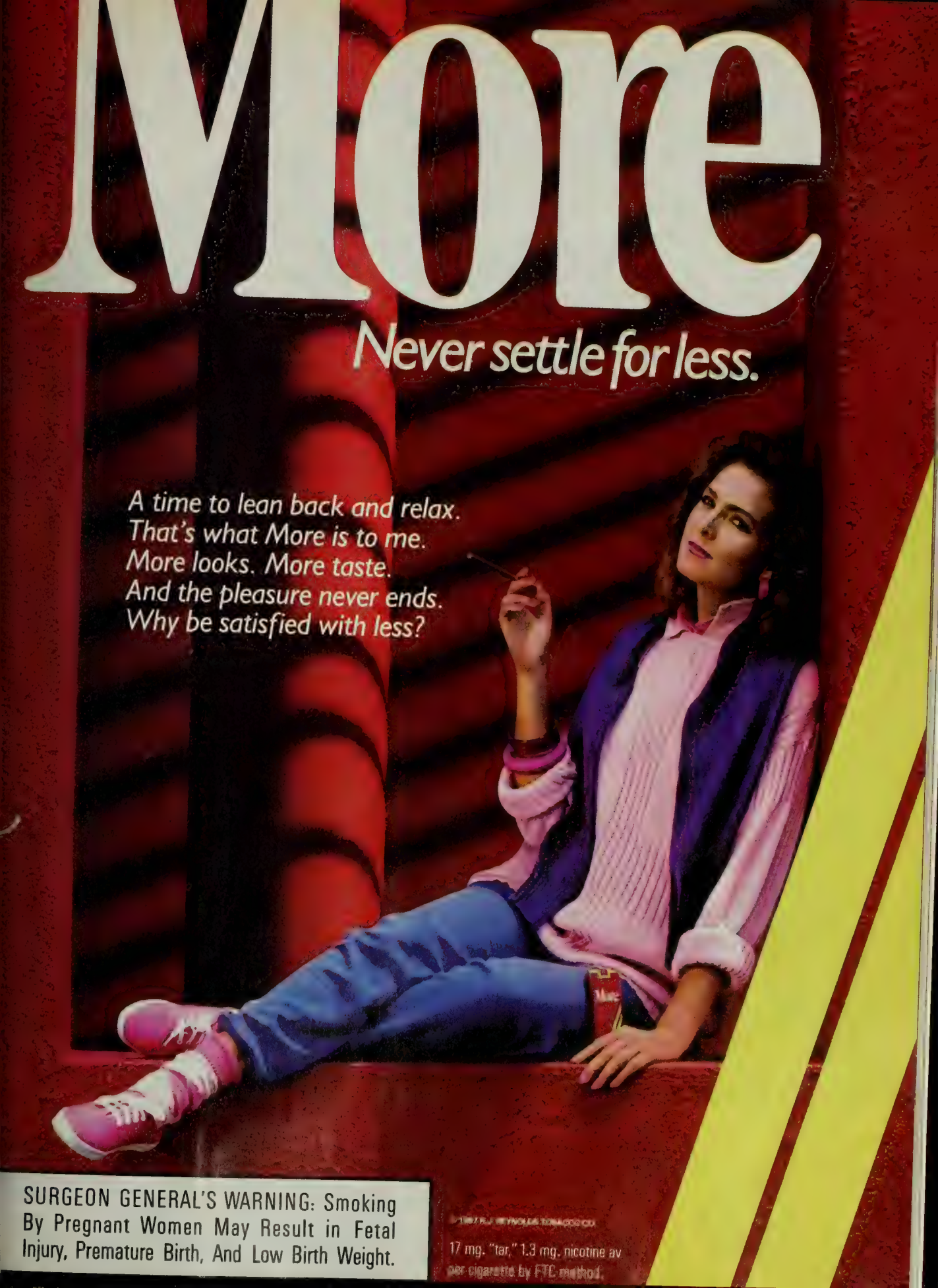
Crocheted Ornaments, page 108
Materials: 2 balls ecru and 1 ball white DMC Cébélia No. 10; size 8 steel crochet hook; ¼-in-wide satin ribbon: 1 yd. white, 1½ yd. ecru; polyester fiberfill.
Instructions: *Note:* There are 3 different ornaments: Round, Square and Diamond, and Cylinder.

Round Ornament: Ch 8, make a tight ring with 16 single crochet. Join in ring.

Rnd 2: Ch 3, dc in same space * 1 dc in next sc, 2 dc in next sc, repeat from * around. 24 dc. Join.

Rnd 3: Ch 3, dc in same space, * dc in next 2 dc, 2 dc in next dc, repeat from * around. 32 dc. Join.

continued on page 172


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Square and Diamond Ornament: Ch 8 sl st to form ring and work 16 sc into it. Join.

Rnd 2: Ch 3, (1 dc, ch 2, 2 dc) into same sp, * dc in each of next 3 sc, (2 dc, ch 2, 2 dc) in next st, repeat from * around (four corner shells). Join.

Rnd 3: Sl st to corner, ch 3, (1 dc, ch 2, 2 dc) in same space, dc in next 7 dc, * (2 dc, ch 2, 2 dc) into next corner shell, 7 dc, repeat from * around. Join.

Rnds 4–8: Repeat Rnd 3 having 4 more dc on each side every rnd.

Break thread. Work a second motif but do not break thread. Lay motifs wrong sides together. Line up corners and sides stitch for stitch. Single crochet around edges working through both motifs and working (2 sc, ch 2, 2 sc) into each corner. Work around 3½ sides. Stuff medallion and work remaining ½ side as before.

For border: Rnd 1: Sl st to corner, (2 dc, ch 2, 2 dc) in corner, * skip 3 sc, (2 dc, ch 2, 2 dc) in next st, repeat from * putting a shell in each corner. Join to beg ch 3 and sl st to ch 2 space in beginning corner shell.

Rnd 2: Ch 3 (cts as first dc) (2 dc, ch 4, sl st in 3rd ch from hook-picot made, ch 1, 2 dc) in each shell around. Break off thread and bury ends.

For flower: Ch 10, make a ring and work 24 sc into the ring. Join.

Rnd 2: Ch 3, work 1 dc in each sc around. 24 dc. Join.

Rnd 3: Bobble: work 7 dc into 1 st. Pull up a large last loop and remove hook, insert hook into top of the first dc, and pull the large loop through and tighten, ch 2. Repeat in every other st around (12 bobbles) Join at base of first ch 2.

Rnd 4: Sl st to center of first ch 2 sp * ch 3 sc into ch 2 st. Repeat from * around, join by sl st at base of ch 3.

Rnd 5: Into first ch 3 space work * 1 sc, 1 hdc, 2 dc, 3 tr, in second ch 3 space work 3 tr, 2 dc, 1 hdc, 1 sc, repeat from * around (6 petals). End off.

Cylindrical Ornament: Ch 4, form ring and work 8 sc into it and join.

continued on page 174

VICTORIAN STYLE

continued from page 170

Rnd 4: Ch 3, dc in same space, * dc in next dc, 2 dc in next dc, repeat from * around. 48 dc. Join.

Rnd 5: Ch 3, dc in same space, * dc in next 2 dc, 2 dc in next dc, repeat from * around. 64 dc. Join.

Rnd 6: Repeat rnd 4. 96 dc.

Rnd 7: Work as before having 5 dc between increases. 112 dc. Break off thread. Work a second motif.

To join round: Lay both medallions wrong sides together with medallion attached to ball of thread on top. Work 1 rnd sc around through double thickness on 100 stitches. Stuff medallion and finish closing. (Work last 12 sc through single thickness, leaving an opening for the stuffing.) Join.

Rnd 2: Ch 3, work (1 dc, ch 2, 2 dc) in same space, skip 3 sc, * (in next sc make 2 dc, ch 2, 2 dc) repeat from * around. Join in top of ch 3.

Rnd 3: Sl st to ch 2 Center of first shell. Ch 3 (dc, ch 4, sl st into 3rd ch from hook [picot made] ch, 2 dc) all in same space, * (2 dc, ch 4 [make picot], ch 1, 2 dc) in ch 2 space of next shell. Repeat from * around. Join. End off.

Flower: Ch 8, make a loop containing 16 sc. Join.

Rnd 2: Ch 5, * skip 1 sc, dc in next sc, ch 2, repeat from * around. Join in 3rd ch of beg ch 5. 8 spokes.

Rnd 3: Sl st into first space, ch 1, work 1 sc, 3 hdc, 1 sc, in [illegible] ch 1, * work 1 sc, 3 hdc, 1 sc in next space, ch 1, from * around. Join in beg ch.

[illegible] * ch 4, holding petal forward, sc bet next 2 petals 7 [illegible] into 1st ch 4 loop.

Rnd 5: Ch 2; * 1 hdc, 3 dc, 1 hdc, 1 sc in same loop, * ch 1, 1 [illegible] 3 dc, 1 hdc, 1 sc in next loop, repeat from * around. [illegible] nd 4.

[illegible] Repeat row 4 but having ch 5 loops.

[illegible] st into beg sc of rnd 4. Sl st to 1st ch 5 loop. Work [illegible] dc, 1 tr, 2 dc, 1 hdc, 1 sc, into each ch 5 loop.



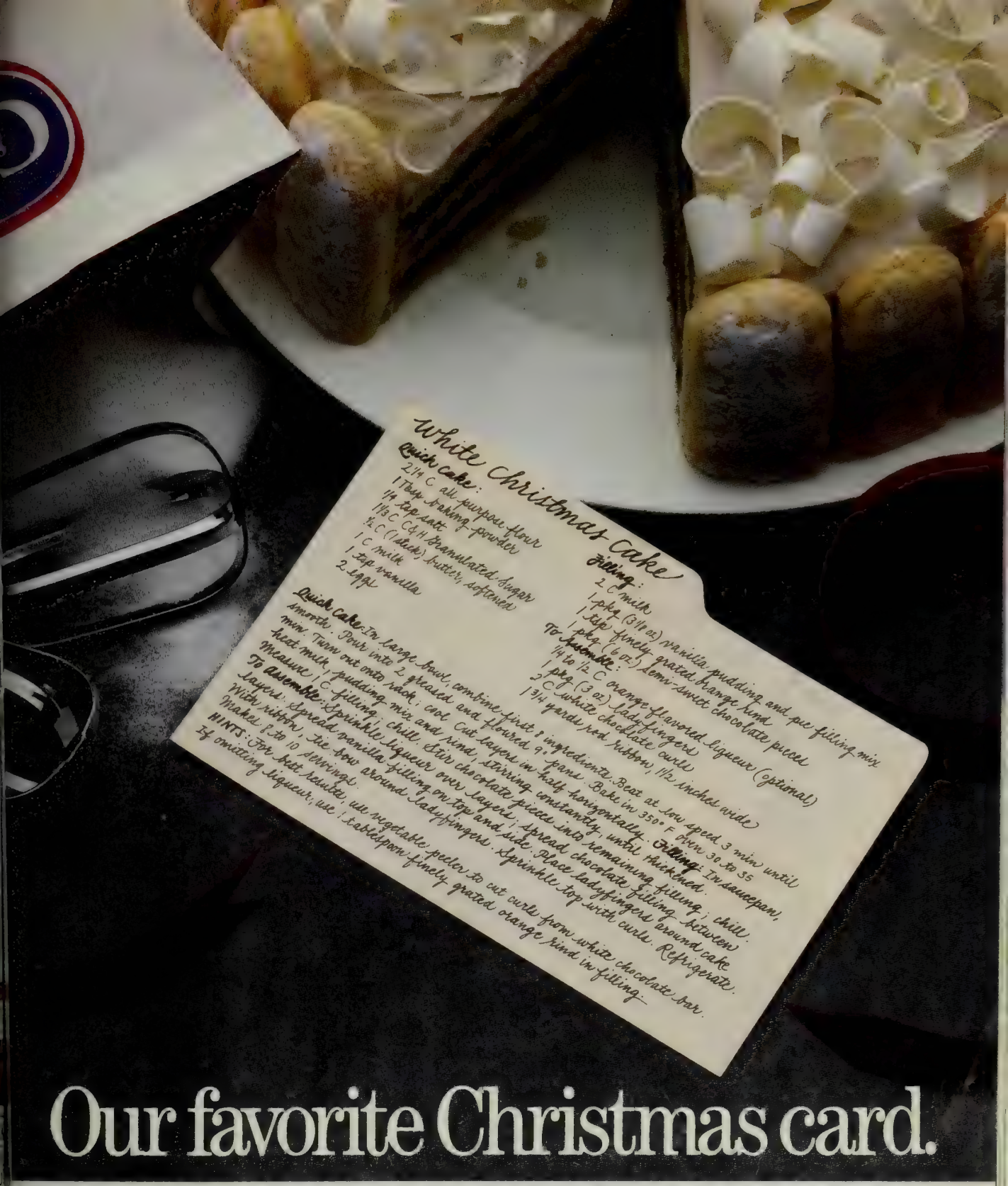
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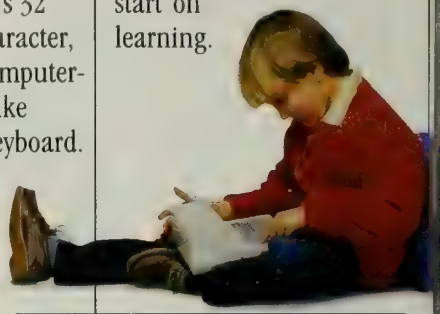
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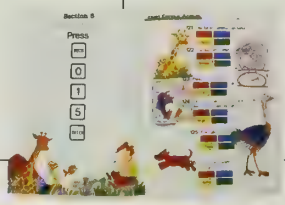
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VICTORIAN STYLE

continued from page 172

Rnd 2: Work 2 sc into each st around. 16 sc.

Rnd 3: Work 2 sc into each st around. 32 sc.

Rnd 4: Work 1 sc in each sc around.

Rnd 5: Repeat Rnd 4.

Rnd 6: Work 1 hdc into each sc around working through the back loop only. Join.

Rnd 7: Work even on 32 hdc working through both loops for 25 more rounds, joining at the end of each rnd with sl st and ch 1 to start new row. At end of row sl st into ch 1 sp and repeat pattern.

Rnd 26: Work 1 rnd sc through the back loops.

Rnd 27: Work 1 sc in each st around through both loops.

At this point cut 2 small cardboard circles the same size as the beg closed end. Insert 1 cardboard circle into the cylinder and push to the closed end; stuff. Insert 2nd cardboard circle.

Rnd 28: Work sc around dec every other st. 16 sc.

Rnd 29: Repeat Rnd 28 ending with 8 sc. Cut off leaving tail. Thread tail into needle and with running stitch through rem 8 sc draw up tightly and close rem hole. Secure well.

continued on page 176

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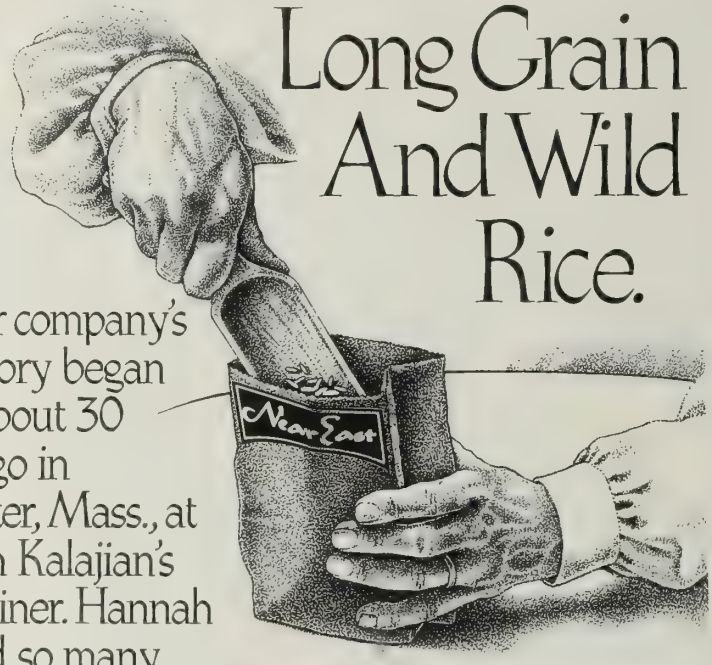
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VICTORIAN STYLE

continued from page 174

For border: Working through the front loop of rounds: work one * (2 dc, ch 2, 2 dc) shell, skip 2 loops, and repeat around. Do not join but continue the shells down the spiraling beg of round line, into every other round, to the opposite end. Turn, sl st to the center of the last shell made.

Row 2: Make a shell of 2 dc, ch 1, picot (to make picot ch 4, sl st into 3rd ch from hook), ch 1, 2 dc, into each ch 2 space in the center of each shell. Break off and bury end. Turn cylinder upside down and repeat rows 1 and 2 of the border around the other end into front loops of Rnd 26, continuing down and around at the halfway point to other end. Sew hanging cord in center of one end. Make or buy a tassel and sew in center of other end. Sew on bow as in photograph on *page 113.*

Finishing: Starch shell borders, taking care not to get rest of ornament wet. Pull out each shell to its full length and position each picot facing out. Hang each ornament up and let dry. Sew on the flowers in the center of each ornament. Add tassels and ribbons to finished ornaments if desired.

Glove Ornaments, page 110

To order kit, see page 178.

Materials: *For each glove:* 8×8-in. square ecru polished cotton or muslin; 4×8-in. scrap batting; 6 in. 1¾-in.-wide lace, pregathered on one edge; 4 in. 1½-in.-wide lace, pregathered down center; 18 in. ⅜-in.-wide picot-edged ribbon in dark color; 10 in. ⅛-in.-wide satin ribbon in light color; dark ecru thread; small bouquet of artificial flowers and leaves to match ribbons.

Instructions: Fold fabric in half, right sides together. Enlarge pattern on *page 183* to scale; transfer to fabric. Pin batting to wrong side of fabric.

Stitch outline of glove, going through all 3 layers and leaving opening at wrist edge. Trim seams and clip curves; turn to right side and press.

Topstitch finger lines with dark ecru thread. Using double strand of dark thread, featherstitch lines as indicated on pattern on *page 183.* See photograph on *page 110* for detail.

Trim batting. Turn under seam allowance and slip-stitch closed.

Hem cut edges of edge-gathered lace. Sew additional gathering threads along gathering line. Pin lace to front of glove at wrist with lace extending upward to form cuff and ¼ in. turned to back. See photograph on *page 110* for detail. Pull gathers to fit glove; stitch in place.

Pin remaining lace around wrist and ¼ in. below first lace strip. Blind-stitch in place along gathering.

Cut picot-edged ribbon to fit wrist; sew over center of second lace strip. Make double bow (4 loops) with satin ribbon; tack to center front of wrist.

continued on page 183

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- **¾ cup finely chopped walnuts**
- **½ cup margarine *or* butter**
- **¾ cup sugar**
- **½ cup unsweetened cocoa powder**
- **2 cups vanilla ice cream**
- **2 cups pink *or* green peppermint ice cream**
- **¼ cup coarsely crushed striped round peppermint candies**

For crust, in a medium mixing bowl stir together oats, coconut, and nuts; set aside. In a small saucepan melt margarine or butter over medium heat. Stir in sugar and cocoa powder till smooth; pour over oat mixture, mixing well. Reserve *1 cup* of the crust mixture. Using the back of a spoon, press remaining crust mixture onto the bottom and up the sides of a 9-inch pie plate. Freeze 5 to 10 minutes or till crust is firm.



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Scoop *half* of *each* ice-cream flavor alternately side by side into crust. Using a metal spatula, smooth surface and swirl gently to marble. Sprinkle with *¾ cup* of the reserved crust mixture. Repeat with remaining ice cream and crust mixture. Sprinkle with candies. Freeze about 4 hours or till firm. Wrap in moisture- and vaporproof wrap. Seal, label, and freeze up to 1 month. Let stand 10 to 15 minutes before serving. Makes 8 servings.

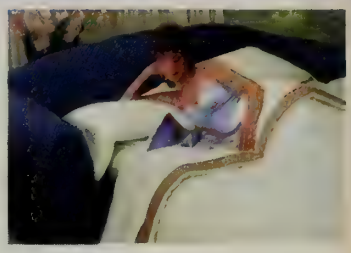
Nutrition information per serving: 499 cal., 8 g pro., 55 g carbo., 30 g fat, 30 mg chol., 258 mg sodium, 4 g dietary fiber. U.S. RDA: 16% vit. A, 12% thiamine, 14% riboflavin, 12% calcium, 10% iron, 22% phosphorus.

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La-Z-Boy Signature II™ Sleep Sofa

INDUCTION COOKTOPS

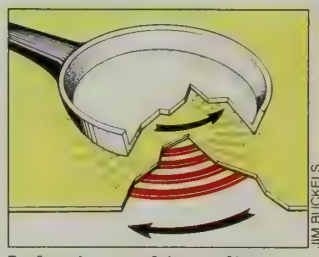
NEW-WAVE, FAST COOKING

Move over electric coil and gas range-tops! There's another cooktop on the block: induction. Lower prices are bringing induction cooktops into the mainstream.

WHAT IS INDUCTION COOKING?

A magnetic force provides the "fuel" for cooking. Here's how it works:

Wire coils lie beneath the smooth glass-ceramic surface of an induction cooktop. When you turn on the range, an electric current flows through the coils, creating a magnetic field. This field sets up a current in ferromagnetic cookware (cast iron, porcelain enamel on steel, porcelain enamel on cast iron, tri-ply stainless steel, or magnetic stainless steel). When you place a piece of this cookware over a coil, molecules in the pan move back and forth so rapidly that the utensil heats up. The hot utensil then heats and cooks whatever is in the pan.



JIM BUCKELS

Induction cooking relies on heat from opposite currents.

ADVANTAGES

■ **Fast, precise heat control.** Induction cooktops respond quickly to changes you make in the temperature controls and require little time to heat or cool. You also have precise control over the heat because you can raise or lower it in rather small increments.

■ **Easy cleanup.** Cleaning up spills and spatters is easy on an induction cooktop. The smooth surface lacks cracks or crevices to trap spilled food. Also, the cooktop remains cool, so spatters have less chance to burn on.

■ **Energy efficient.** In general, induction cooktops use energy more efficiently than the same size gas or conventional coil units. (This depends on condition and type of cookware you use.)

Also, hot weather cooking is more comfortable. Less heat escapes into the kitchen because only the pan and food heat up, not the entire cooking surface.

■ **Safer.** A boon for the forgetful! Induction coils stop heating immediately if there's no utensil on top of them. Furthermore, burns are less likely because the cooktop has no flame or metal parts that heat up. *However,* the cooktop will retain some heat from the hot pan, so keep fingers away right after cooking.

DRAWBACKS

First, even though induction range-tops are coming down in price, they still cost more than conventional units—up to $300 more. Second, you need ferromagnetic cookware to make the cooktop work.

MAMA



SPAGHETTI & MEATBALLS | SAUSAGE & PEPPERS | PASTA PRIMAVERA

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A MIA!



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Chicken Primavera
Chicken Piccata
Beef Marsala
Linguine with Clam Sauce

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FOOD

DIABETIC DIET LUNCHES

DELICIOUS WAYS TO STICK TO YOUR DIET

Enjoy these nifty ideas and recipes that will brighten up your noontime meal without causing you to abandon your diabetic diet.

EATING OUT

Choose any of these lunchtime menu items:

- **Tossed salad***
- **Spinach and mushroom salad***
- **Fresh-fruit salad***
- **Gazpacho or vegetable soup**
- **Turkey/sprout sandwich on whole wheat bread**
- **Ham and Swiss on rye with lettuce, mustard, and red onion slices**

**Ask for dressing on the side and only add an allowable amount.*



SCOTT LITTLE

A high-fiber, fresh-tasting pita filling.

TUNA BULGUR SALAD

Diabetic exchanges: 2½ starch/bread exchanges, 1 meat exchange, 1 vegetable exchange, and 1 fat exchange—

- **½ cup bulgur**
- **1 3¼-ounce can water-pack tuna *or* one 3¾-ounce can salmon**
- **1 large tomato, peeled, seeded, and chopped**
- **½ small cucumber, seeded and chopped**
- **2 green onions, sliced**
- **¼ cup snipped parsley**
- **1 tablespoon snipped mint *or* 1 teaspoon dried mint, crushed**
- **1 tablespoon sliced black olives**
- **¼ cup lemon juice**
- **4 teaspoons salad oil**
- **½ teaspoon garlic salt**
- **Lettuce leaves**
- **4 large pita bread rounds, halved crosswise**

Pour *boiling water* over bulgur. Let stand 10 minutes. Drain. Rinse with cold water; drain again. If using salmon, remove skin and bones. Drain and coarsely flake tuna or salmon.

Festa Spaghettini.
Mom's secret recipe and David's favorite.
The secret? S&W's Ready-Cut Peeled Tomatoes. Recipe-ready chunks of juicy garden ripe tomatoes. Just simmer one can for five minutes with chopped green pepper, sliced mushrooms and cooked, sliced spicy Italian sausage. Toss with cooked spaghettini, Parmesan and Romano cheeses.
S&W's **Ready-Cut Peeled Tomatoes.** It makes dinner worth rushing home for.
tonight.
Write for our free Tomatoes Recipe Book. S&W Fine Foods, P.O. Box 5580, San Mateo, CA 94402.
S&W



Toss salmon with next 6 ingredients. In a screwtop jar combine lemon juice, oil, garlic salt, and ⅛ teaspoon *pepper;* shake well. Pour over bulgur mixture; toss well. Cover; chill at least 4 hours or up to 2 days. Makes 4 servings.

For each serving, in the morning transfer some bulgur mixture to a small insulated container. Enjoy within 4 hours in pita bread with lettuce.

Nutrition information per serving: 378 cal., 17 g pro., 60 g carbo., 8 g fat, 268 mg chol., and 268 mg sodium. U.S. RDA: 13% vit. A, 31% vit. C, 22% thiamine, 26% niacin, 21% iron, and 11% phosphorus.

CHUNKY MINESTRONE

Diabetic exchanges: 1 starch/bread exchange, 2 vegetable exchanges—

- **3 cups water**
- **1 8-ounce can red kidney beans, drained**
- **1 7½-ounce can tomatoes, cut up**
- **1 medium onion, chopped (½ cup)**
- **1 stalk celery with leaves, sliced**



A savory soup suited for a diabetic diet.

- **1 medium carrot, thinly sliced**
- **2 teaspoons instant beef bouillon granules**
- **½ teaspoon dried oregano, crushed**
- **½ teaspoon dried basil, crushed**
- **1 clove garlic, minced**
- **⅛ teaspoon pepper**
- **1 small zucchini, halved lengthwise and sliced**
- **½ cup tiny shell macaroni**

In a large saucepan combine all ingredients *except* zucchini and macaroni. Bring to boiling, stirring occasionally. Reduce heat; simmer, covered, 15 to 20 minutes or till tender.

Stir in zucchini and macaroni. Cook, uncovered, for 5 minutes. Divide among 4 airtight containers or freezer containers. Store up to 1 week in the refrigerator or up to 1 month in the freezer. Makes 4 servings.

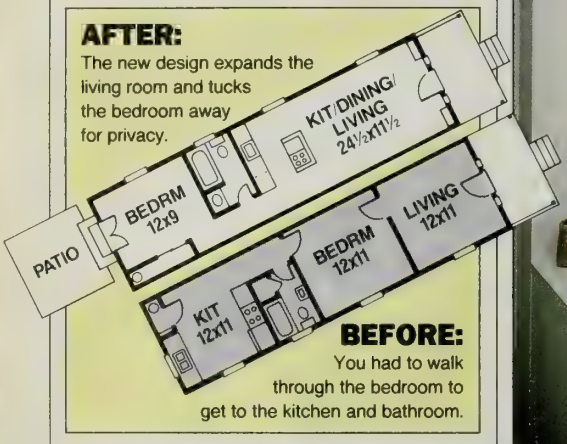
For each serving, in the morning cook chilled or frozen soup, covered, over medium heat till bubbly, stirring occasionally. Cook 3 to 5 minutes more, adding a little water if necessary. Meanwhile, fill an insulated container with the hottest tap water. Cover with lid. Let stand 5 minutes; empty and dry with a paper towel. Fill container with hot soup.

Nutrition information per serving: 140 cal., 7 g pro., 28 g carbo., 1 g fat, 0 mg chol., 279 mg sodium. U.S. RDA: 110% vit. A, 18% vit. C, 15% thiamine, 13% iron, 13% phosphorus. BH&G

SHAPING UP A SHOTGUN

DOWN-SCALING THE KITCHEN CREATES NEW LIVING SPACE

Architect Steve Quarls created a spacious living room in his tiny New Orleans shotgun apartment. Now he has a delightful place to entertain small groups of friends.



A NEW FLOOR PLAN

Steve bought a double-shotgun duplex, with side-by-side apartments that had identical floor plans. He rented out one and remodeled the other to suit his lifestyle.

The kitchen was in the back of the apartment. To get there, Steve and guests had to walk through his bedroom. So he switched the two rooms—down-scaling the kitchen in the process, because he rarely cooks.

LET THERE BE SPACE

By removing the wall between the two front rooms and vaulting the ceiling, Steve made the living area more spacious. A screen surrounding the gas range and one-plate breakfast counter divides the kitchen from the dining and living areas. "Now I can fix snacks in the kitchen and still be part of the activity in the living room," he says.

A DO-IT-YOURSELF JOB

Steve designed and built the cooking island, wall cabinets, and dining table. He bought the sink, countertop, under-the-counter refrigerator, and lower cabinets. Because he provided all the labor himself, the total cost of the remodeling was about $1,000. BH&G



PHOTOGRAPHS: VAN MARTIN, DESIGN: STEVEN QUARLS, FIELD EDITOR: BONNIE WARREN

A plywood screen, painted a dark putty color and decorated with vinyl tape, tastefully establishes the kitchen's boundary.



From the living room, you scarcely notice the down-scaled kitchen. Exposed beams and the ziggurat wall decoration add architectural flair.

The Fact That Butter Has No More Calories Than Margarine Is Only Half The Story...



1987 CMAB

Here's The Other Half.

Creamery butter melting on a hot blueberry muffin. Can't you just taste it? That's because only butter brings out the flavor of most everything it touches. And that's the whole, delicious story.

R E A L B U T T E R



Shopping Areas

Where to find stores, big, little and mall.

The new Pacific Bell

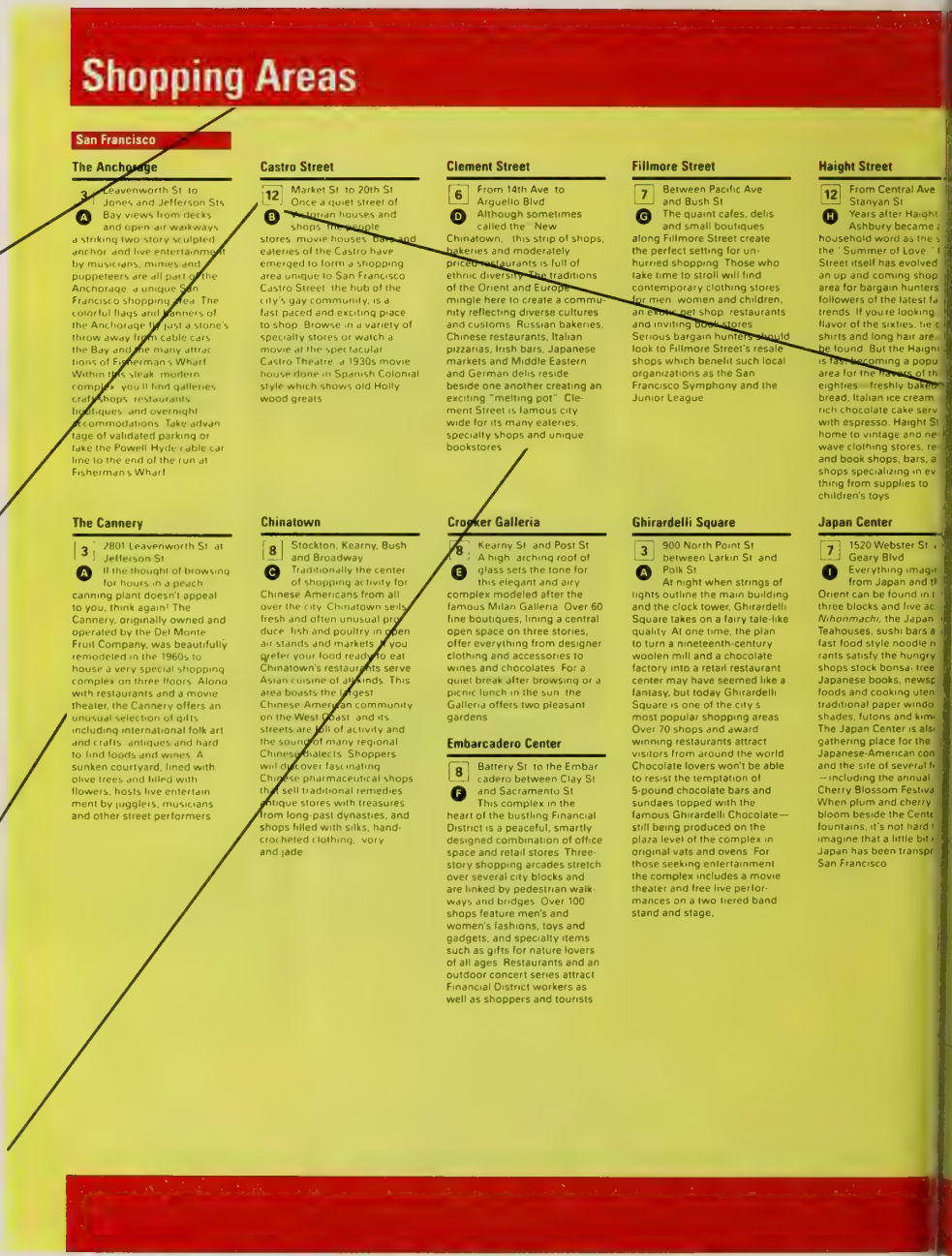
Whatever you need to buy, we've put all the major shopping areas on the map.

The new Pacific Bell SMART Yellow Pages feature helpful local information, like this section on locating stores.

The numbers correspond to sections of the map, so it's easy to find shopping areas fast.

You get a full description of what's available in each location, including specialty stores and restaurants.

We tell you where to find shops that reflect the city's ethnic diversity.



Shopping Areas

San Francisco

The Anchorage

3 | Leavenworth St to Jones and Jefferson Sts
A | Bay views from decks and open-air walkways a striking two story sculpted anchor and live entertainment by musicians, mimes and puppeteers are all part of the Anchorage a unique San Francisco shopping area The colorful flags and banners of the Anchorage fly just a stone's throw away from cable cars the Bay and the many attractions of Fisherman's Wharf Within this sleek modern complex you'll find galleries craft shops restaurants boutiques and overnight accommodations Take advantage of validated parking or take the Powell Hyde cable car line to the end of the run at Fisherman's Wharf

Castro Street

12 | Market St to 20th St
B | Once a quiet street of Victorian houses and shops the people stores movie houses bars and eateries of the Castro have emerged to form a shopping area unique to San Francisco Castro Street the hub of the city's gay community, is a fast paced and exciting place to shop Browse in a variety of specialty stores or watch a movie at the spectacular Castro Theatre a 1930s movie house done in Spanish Colonial style which shows old Hollywood greats

Clement Street

6 | From 14th Ave to Arguello Blvd
D | Although sometimes called the "New Chinatown," this strip of shops, bakeries and moderately priced restaurants is full of ethnic diversity The traditions of the Orient and Europe mingle here to create a community reflecting diverse cultures and customs Russian bakeries, Chinese restaurants, Italian pizzarias, Irish bars, Japanese markets and Middle Eastern and German delis reside beside one another creating an exciting "melting pot" Clement Street is famous city wide for its many eateries, specialty shops and unique bookstores

Fillmore Street

7 | Between Pacific Ave and Bush St
G | The quaint cafes, delis and small boutiques along Fillmore Street create the perfect setting for unhurried shopping Those who take time to stroll will find contemporary clothing stores for men women and children, an exotic pet shop restaurants and inviting book stores Serious bargain hunters should look to Fillmore Street's resale shops which benefit such local organizations as the San Francisco Symphony and the Junior League

Haight Street

12 | From Central Ave Stanyan St
H | Years after Haight Ashbury became a household word as the s the "Summer of Love" Street itself has evolved an up and coming shop area for bargain hunters followers of the latest fa trends If you're looking flavor of the sixties, tie d shirts and long hair are be found But the Haight is fast becoming a popu area for the tastes of th eighties—freshly baked bread, Italian ice cream rich chocolate cake serv with espresso Haight St home to vintage and ne wave clothing stores, re and book shops, bars, a shops specializing in ev thing from supplies to children's toys

The Cannery

3 | 2801 Leavenworth St at Jefferson St
A | If the thought of browsing for hours in a peach canning plant doesn't appeal to you, think again! The Cannery, originally owned and operated by the Del Monte Fruit Company, was beautifully remodeled in the 1960s to house a very special shopping complex on three floors Along with restaurants and a movie theater, the Cannery offers an unusual selection of gifts including international folk art and crafts antiques and hard to find foods and wines A sunken courtyard, lined with olive trees and filled with flowers, hosts live entertainment by jugglers, musicians and other street performers

Chinatown

8 | Stockton, Kearny, Bush and Broadway
C | Traditionally the center of shopping activity for Chinese Americans from all over the city Chinatown sells fresh and often unusual produce fish and poultry in open air stands and markets If you prefer your food ready to eat Chinatown's restaurants serve Asian cuisine of all kinds This area boasts the largest Chinese-American community on the West Coast and its streets are full of activity and the sound of many regional Chinese dialects Shoppers will discover fascinating Chinese pharmaceutical shops that sell traditional remedies antique stores with treasures from long-past dynasties, and shops filled with silks, hand-crocheted clothing, ivory and jade

Crocker Galleria

8 | Kearny St and Post St
E | A high arching roof of glass sets the tone for this elegant and airy complex modeled after the famous Milan Galleria Over 60 fine boutiques, lining a central open space on three stories, offer everything from designer clothing and accessories to wines and chocolates For a quiet break after browsing or a picnic lunch in the sun the Galleria offers two pleasant gardens

Embarcadero Center

8 | Battery St to the Embarcadero between Clay St and Sacramento St
F | This complex in the heart of the bustling Financial District is a peaceful, smartly designed combination of office space and retail stores Three-story shopping arcades stretch over several city blocks and are linked by pedestrian walkways and bridges Over 100 shops feature men's and women's fashions, toys and gadgets, and specialty items such as gifts for nature lovers of all ages Restaurants and an outdoor concert series attract Financial District workers as well as shoppers and tourists

Ghirardelli Square

3 | 900 North Point St between Larkin St and Polk St
A | At night when strings of lights outline the main building and the clock tower, Ghirardelli Square takes on a fairy tale-like quality At one time, the plan to turn a nineteenth-century woolen mill and a chocolate factory into a retail restaurant center may have seemed like a fantasy, but today Ghirardelli Square is one of the city's most popular shopping areas Over 70 shops and award winning restaurants attract visitors from around the world Chocolate lovers won't be able to resist the temptation of 5-pound chocolate bars and sundaes topped with the famous Ghirardelli Chocolate—still being produced on the plaza level of the complex in original vats and ovens For those seeking entertainment the complex includes a movie theater and free live performances on a two tiered band stand and stage.

Japan Center

7 | 1520 Webster St Geary Blvd
I | Everything imagi from Japan and th Orient can be found in t three blocks and five ac *Nihonmachi*, the Japan Teahouses, sushi bars a fast food style noodle r rants satisfy the hungry shops stock bonsai tree Japanese books, newsp foods and cooking uten traditional paper windo shades, futons and kim The Japan Center is also gathering place for the Japanese-American con and the site of several f —including the annual Cherry Blossom Festiva When plum and cherry bloom beside the Cente fountains, it's not hard t imagine that a little bit Japan has been transpo San Francisco

It's Smarter To D

SMART Yellow Pages.™



Union Square, Union Street and many other prime shopping areas are described in detail on additional pages.

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Comfort Plus Sleepsweeps Entry Blank

Check your answers to these five easy questions about quality foam mattresses at any participating retail store. To qualify to win a sweepstakes prize, all questions must be answered correctly.

Bring your entry to a nearby participating retail store. For the names of the ones nearest you, ***call toll free 1-800-327-0011.***

1. As you move during your sleep, a quality foam mattress: ☐ Adjusts to your body ☐ Bounces around ☐ Stays hard and rigid.

2. When your body pushes down on a quality foam mattress, its millions of tiny air cells: ☐ Make a whistling noise ☐ Bunch up and get hard ☐ Gently push up, giving you comfort and support.

3. When two people of different shapes and weights sleep together on a quality foam mattress they: ☐ Roll into a valley ☐ Are supported independently ☐ Roll toward the edge.

4. A polyurethane foam mattress lets you sleep cooler and drier in the summer and warmer in winter because: ☐ Air circulates through its cells ☐ It changes room temperature ☐ Of its hypnotic effect.

5. Not all foam is high quality. The minimum "density rating" you should look for to get long-lasting comfort and support is: ☐ 1.2 pounds per cubic foot ☐ 1.8 pounds per cubic foot ☐ 5.2 pounds per cubic foot.

COMFORT PLUS SLEEPSWEEPS℠

My name _____

Address _____

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( ) _____

Telephone

No purchase necessary. Void where prohibited. Entries must be deposited at stores by December 31, 1987. See details at participating retail stores. Ohio residents may enter without answering questions by mailing entry to: Comfort Plus Sleepsweeps, P.O. Box 502, Sayreville, NJ 08872.

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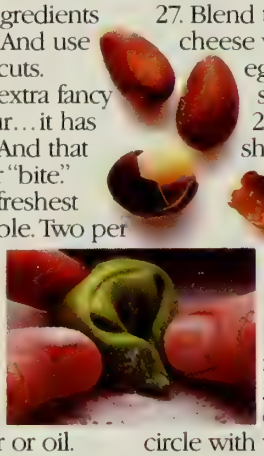
ARCO Chemical Company

We've Refined The Art Of Making Fresh Pastas And Sauces Down To 86 Easy Steps.

1. First things first. So first comes the pasta. Remember, pasta looks simple but it's only great when it's done right. Use nothing but the finest ingredients available. And use no short cuts.



2. Open a bag of extra fancy durum wheat flour... it has the most protein. And that makes for a better "bite."
3. Select the very freshest whole eggs available. Two per pound of flour.
4. Mound up the flour, then make a small well in the middle.
5. Crack the eggs into the flour well.
6. Don't add water or oil. It will make the dough easier to manipulate. It certainly won't make it taste any better.



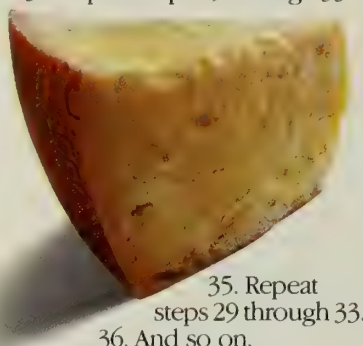
7. Gradually push the flour into the eggs. Stir to form a paste inside the well.
8. Continue to mix the flour and eggs until they become a firm dough.
9. On a flat, lightly floured surface, begin to knead the dough.
10. Press the dough flat.
11. Fold the dough.
12. Press the dough flat.
13. Fold the dough.
14. Press the dough flat.
15. Fold the dough.
16. When the hands give out, the dough is halfway done.



17. Divide the dough into portions about the size of a fist.
18. Roll out each portion onto a lightly floured surface.
19. Turn the dough around.
20. Roll out the dough.
21. Turn the dough around.
22. Roll out the dough.
23. When the dough is almost translucent, stop rolling.
24. Now the dough is ready to be cut or shaped.
25. For tortellini, it's time to make the fillings.
26. For cheese fillings, select a wheel of imported Parmesan cheese. Grate it fresh. Don't use Romano... it's too strong.
27. Blend the Parmesan cheese with a little egg to make a smooth filling.
28. Cut the flat sheet of dough into two-inch circles.
29. Put at least a half-teaspoon of the cheese filling into the middle of a circle.
30. Moisten the edge of the pasta circle with water.
31. Fold the circle of dough in half over the filling.



32. Grasp each half-moon along its folded uppermost edge and curve around until the ends almost touch.
33. Pinch the ends of the curled half-moon firmly together to secure the ring.
34. Repeat steps 29 through 33.



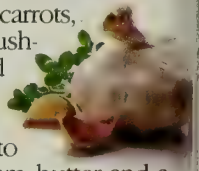
35. Repeat steps 29 through 33.
36. And so on.
37. Now it's time to make the marinara sauce.
38. Select fresh onions. The fresher the sweeter.
39. Search out whole anchovy fillets.
40. Mince fresh garlic.
41. Choose whole plum tomatoes from San Marzano, Italy, if possible.



42. Search for olive oil from the Lucca region of Italy. Virgin oils are good but can be too strong.
43. Heat olive oil in a heavy pan until cloudy.
44. Sauté onions until they're a perfect golden brown.
45. Add garlic and anchovies.
46. Add tomatoes. Simmer with parsley and spices such as freshly cracked pepper and oregano. How much? Sorry. Some things just aren't talked about.
47. Simmer gently.
48. Alfredo sauce.
49. Find some fresh heavy cream.
50. Select some fresh sweet butter.
51. Grate some Grana Padano Parmesan cheese.
52. Heat the heavy cream to a boil. Don't burn it. Don't let it boil over.
53. Stir gently.
54. Add the Grana Padano cheese and the sweet butter.
55. Stir a little while longer.
56. Add a touch of nutmeg and a dash of white pepper.
57. Stir a little while longer.
58. Taste.
59. Stir a little while longer.
60. Taste.
61. When it's perfect, stop stirring and tasting.



62. Now for the Bolognese sauce.
63. Brown beef and veal bones.
64. Prepare mixed fresh vegetables: onions, carrots and celery.
65. Combine the browned beef and veal bones with the fresh vegetables.
66. Stir gently.
67. Simmer for ten hours, creating beef stock.
68. Chop fresh carrots.
69. Chop fresh celery.
70. Chop fresh onions.
71. Wipe tears.
72. Braise beef chuck.
73. Add tomato sauce.
74. Mix carrots, celery, mushrooms and braised chuck with tomato sauce, cream, butter and a splash of red wine.



75. A sip of wine is acceptable. And by now, deserved.
76. Simmer awhile.



77. Add salt or cracked pepper.
78. Add a large bay leaf.
79. Taste.
80. Add a little more pepper.
81. Taste.
82. Simmer for three hours. More or less.
83. Take a break. With the red wine preferably.



You May Want To Skip 1 Through 83.

84. Boil pasta.
85. Heat sauce.
86. Serve.



You'll find Contadina Fresh pastas and sauces in the refrigerated section of your supermarket.

Contadina
FRESH



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HOLIDAY HOW TO ORDER







CRAFTS

Kits, patterns, and woodworking plans for the projects shown in this issue were specially created for our readers and are exclusive *Better Homes and Gardens*® designs (not available in stores).

Patterns

All ***Better Homes and Gardens***® patterns include full-size reproductions of the designs plus complete, easy-to-follow instructions for completing the projects. Choose from **Juan the Coyote** (page 43), **Bear Family Fishermen** (page 107), **Felt Angels and Doll** (page 39), and **Holly Appliqué Pillow** (page 113).

Woodworking

Use our professional-quality woodworkers' blueprints to duplicate the **Southwest Furniture** (page 39), the **Rocking Toys** (page 47), the **Country-Style Boats** (page 104), and the **Victorian Pony** (page 108). Each ***Better Homes and Gardens***® Project Plan includes detailed drawings or full-size patterns, lists of materials, construction tips, and complete step-by-step instructions.

Kits and Dolls

Our kits contain all fabric and floss plus the necessary yarn, lace, trims or ribbons. Charts, needle, and complete instructions also included. Choose from **Stag and Pine Tree Place Mats** (sets of two in either red or green), **Felt Mitten Ornaments** (set of ten individual mittens or five pairs in five colors), **Cotton Glove Ornaments** (set of three), **Stag and Pine Tree Sampler** (in red or green), **Alphabet Tree Sampler,** or **Alphabet Ornaments** (set of three). Our **Adult Leather Vest Kit** (size 42-44) includes precut plastic stencil for the Southwest Floral design; our **Child's Leather Vest Kit** (size 10) includes precut plastic stencil for the Southwest Sun design. Our **Birds in Maize Package** (page 45) includes a precut plastic stencil for the framed design plus full-size patterns for the bird ornaments and table runner. Our **Victorian Baby Doll** (page 109) and **Big and Little Sister Dolls** (page 111) include muslin for the bodies, floss for features and hair, plus complete full-size patterns for all clothing. The **Pierced Paper Doves Package** (page 112) includes enough heavy weight paper (preprinted) to make ten doves. The **Alphabet Album** contains 15 different alphabets charted for cross-stitch and needlepoint.

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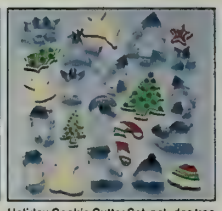
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Star Cookie Cutter Set includes five sizes ranging in size from 1½" to 3½" wide.



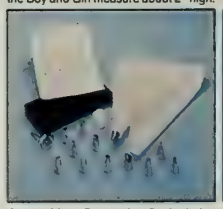
Holiday Cookie Cutter Set includes tree shapes, holly, and nine other traditional holiday shapes. Thirteen cutters in all.



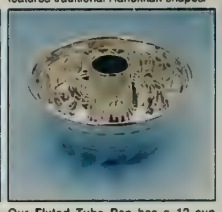
Here's the whole **Gingerbread Family.** Papa and Mama measure about 5" high; the Boy and Girl measure about 2" high.



Hanukkah . . . A Family Celebration of Love and Tradition. Our set of six cutters features traditional Hanukkah shapes.



Our **17-Piece Decorating Set** includes two icing bags, two couplers, a flower nail, 12 stainless tips, and complete instructions packed in a handy reuseable plastic storage box.



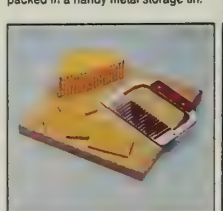
Our **Fluted Tube Pan** has a 12-cup capacity and measures approximately 9" in diameter. Heavy aluminum.



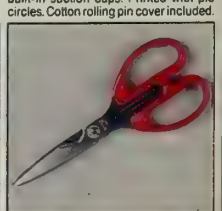
Add interesting details to all your holiday treats with our **Hors d'Oeuvre and Canapé Cutters.** The set includes 12 cutters ranging in size from ½" to ¾" packed in a handy metal storage tin.



The **Gourmet Stay-Put Pastry Cloth** measures 22" x 23" and is manufactured from heavy cotton duck with hemmed edges. Featuring *patented* built-in suction cups. Printed with pie circles. Cotton rolling pin cover included.



Make fancy cheese with our **Serrated Cutter.** Stainless steel blade and wood handle. Works with veggies, too!



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COVER

Dress by Eloise—The Wooden Soldier, North Conway, NY 03860. 603/356-7041.

CHRISTMAS, SOUTHWEST STYLE

Pages 38–39: Cowhide rug—Tandy Leather Co., Advertising Dept., P.O. Box 2934, Ft. Worth, TX 76113. **Beaded moccasins**—Indian Trader West, 204 W. San Francisco, Santa Fe, NM 87501. **Pages 40–41: Gourd kachina by Robert Rivera**—Givingness Gallery, Eldorado Hotel, 309 W. San Francisco, Santa Fe, NM 87501. **Wooden balls**—Cherry Tree Toys, Inc., 408 S. Jefferson St., Belmont, OH 43718. **Pages 44–45: Stoneware,** "Mesa"—Dansk International Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549. **Clay dishes,** "Normandy"—Lone Oak and Co., 3351 E. Imperial Hwy., Lynwood, CA 90262. **Hand-wrought flatware** — Patino/Wolfe, 400 E. 52nd St., New York, NY 10022. **Service plate**—Arita, 2720 E. Regal Park Dr., Anaheim, CA 92806. **Champagne glass,** "Tahiti"—J.G. Durrand, 41 Madison Ave., New York, NY 10010. **Flatware,** "Jewel Collection"—Kirk Stieff, 800 Myman Park Dr., Baltimore, MD 21211. **Stemware,** "Hawthorne"—Sasaki Crystal, 225 Fifth Ave., New York, NY 10010. **Pages 46–47: Wooden animals**—Galleria San Ysidro, 10300 Socorro Rd., El Paso, TX 79917. **Leather vest**—Tandy Leather (address above). **Indian rugs, paintings, pots**—Dewey Galleries Ltd., Gallery of Decorative Arts, 74 E. San Francisco, Santa Fe, NM 87501. **Tin ornaments by Robert Stanfield**— "ASMARA," Box 15012, Santa Fe, NM 87506.

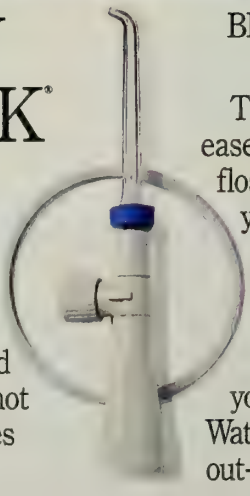
TIPS FOR HOLIDAY PARTIES

Page 74 (*left*): Dinnerware, "Los Bands"—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247; and "Generation—Blue Mist"—Dansk International Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549. **Spatterware bowl**—Bybee Pottery, Waco, KS 40385. **Flatware,** "Marquette"—Oneida Silversmiths, Consumer Service Dept., Oneida, NY 13421. **(*Right, top to bottom—1st*): Cutting board**—Crestwood Industries, Inc., P.O. Box 904, Salem, OR 97308. **(*2nd*): Dinnerware**—Bee House Limited, 209 Post St., San Francisco, CA 94108. **Flatware,** "Cove"—Yamazaki Tableware, Inc., 41 Madison Ave., New York, NY 10010. **(*4th*): Dinnerware,** "Harlow"—Royal Doulton, 700 Cottontail Ln., Somerset, NJ 08873. **Stemware,** "Classic Gold"—Fostoria Glass Co., 1200 First St., Moundsville, WV 26041. **Page 75 (*left, top to bottom—1st*): Bowl,** "Petites Taches"—Fitz & Floyd (address above). **Flatware,** "Le Priz"—Ginkgo International Ltd., 5101 Chase St., Downers Grove, IL 60515. **Glassware,** "Nuutajarvi"—Arabia of Finland, 5603 Howard St., Niles, IL 60648. **(*2nd*): Plates,** "LaRonde Pink"—Fitz & Floyd (address above). **(*3rd*): Bowl, cups**—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. **(*Right, top to bottom—1st*): Dinnerware, glassware,** "Monaco"—Sodahl America, Inc., 600 Cleveland St., Suite 990, Clearwater, FL 33515. **Flatware**—Crate & Barrel (address above). **(*3rd*): Dinnerware,** "Colorings"—Waechtersbach USA, Inc., 8300 NE. Underground Dr., Kansas City, MO 64161. **Flatware,** Crown Corning "Pronto"—Corning Glass Works, Consumer Products Div., HP-EB-1, Corning, NY 14830. **Page 76 (*left top to bottom*): Dinnerware,** "Rainbow Stripe"—Grande Finale, P.O. Box 819027, Farmers Branch, TX 75381. **Flatware,** "The All-Americans"—Imperial Glass Corp., 29th St., Bellaire, OH 43906. **(*2nd*): Dinnerware,** "Brigette"—Noritake Co., Inc., 41 Madison Ave., New York, NY 10010. **Stemware,** "Citation"—Libbey Glass, Div. of Owens-Illinois, One Seagate, Toledo, OH 43666. **Flatware,** "Neptune"—Anacopa Corp., 25933 Frampton, Harbor City, CA 90710. **(*3rd*): Dinnerware,** "Solid Red" and "Total Color"—Fitz & Floyd (address above). **Flatware**—Crate and Barrel (address above). **(*Right, top to bottom—1st*): Plates,** "Holly Ridge"—Colonial Candle of Cape Cod, Div. of General Housewares, Box 670, Hyannis, MA 02601. **Pie plate**—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17401. **(2nd): Dinnerware,** "Mix & Match" and "Red Dinnerware"—Waechtersbach USA, Inc., 507 Towne Ave., Los Angeles, CA 90013. **(*3rd*): Dinnerware,** "Swan Lake"—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010. **Stemware,** "Lido"—Schott-Zwiesel Glass Inc., 3 Odell Plaza, Yonkers, NY 10701. **Page 77 (*left, top to bottom—2nd*): Dinnerware,** "Dots"—Kosta Boda USA Limited (address above). **Stemware,** "Artica"—Arabia of



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Finland, 5603 Howard S., Niles, IL 60648. (***Right, top to bottom—1st***): **Platter**—Waechtersbach USA, Inc., 8300 NE. Underground Dr., Kansas City Mo 64161. (***2nd***): **Stemware,** "Rhine Wine"—J.G. Durrand, P.O. Box 786, Millville, NJ 08332. (***3rd***): **Stemware**—Noritake, 1538 Merchandise Mart, Chicago, IL 60654.

CHRISTMAS, COUNTRY STYLE

Pages 100–101: Sloop weather vane—Good Directions, 24 Ardmore Rd., Stamford, CT 06902. **Shells**—The Spell of the Shell, 40 Norman Ridge Dr., Bloomington, MN 55437. **Fish poster**—The Adirondack Store, 109 Saranac Ave., Lake Placid, NY 12946. **Fish painting**—Winter View Antiques, Rte. 9W, P.O. Box 115, West Park, NY 12493. **Sterling plate,** "Christopher" by Angela Cummings—Arita, 2720 E. Regal Park Dr., Anaheim, CA 92806. **Sterling flatware,** "Shell" by Angela Cummings—Arita (address above). **Crystal,** "Neptune Collection"—Dansk International Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549. **Pages 102–103: Crochet cotton, embroidery floss**—DMC Corporation, 107 Trumbull St., Elizabeth, NJ 07208. **Afghan yarn,** "Red Heart Premier"—Coats & Clark, 225 W. 34th St., Suite 1409, New York, NY 10122. **Wooden buffet plate,** "Ontano"—Vietri, P.O. Box 2832, Chapel Hill, NC 27515. **Plate,** "Woodgrain" by Angela Cummings—Arita, (address above). **Flatware,** "Colonial Tipt"—Gorham, 333 Adelaide Ave., Providence, RI 02907. **China,** "Queen's Bird"—Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816. **Pages 104–105: Folk art fish decoys by John Nelson**—Museum of American Folk Art Shop, 55 W. 53rd St., New York, NY 10019. **Pages 106–107: Indian blanket**—Pendleton Woolen Mills, Inc., P.O. Box 1691, Portland, OR 97207.

CHRISTMAS, VICTORIAN STYLE

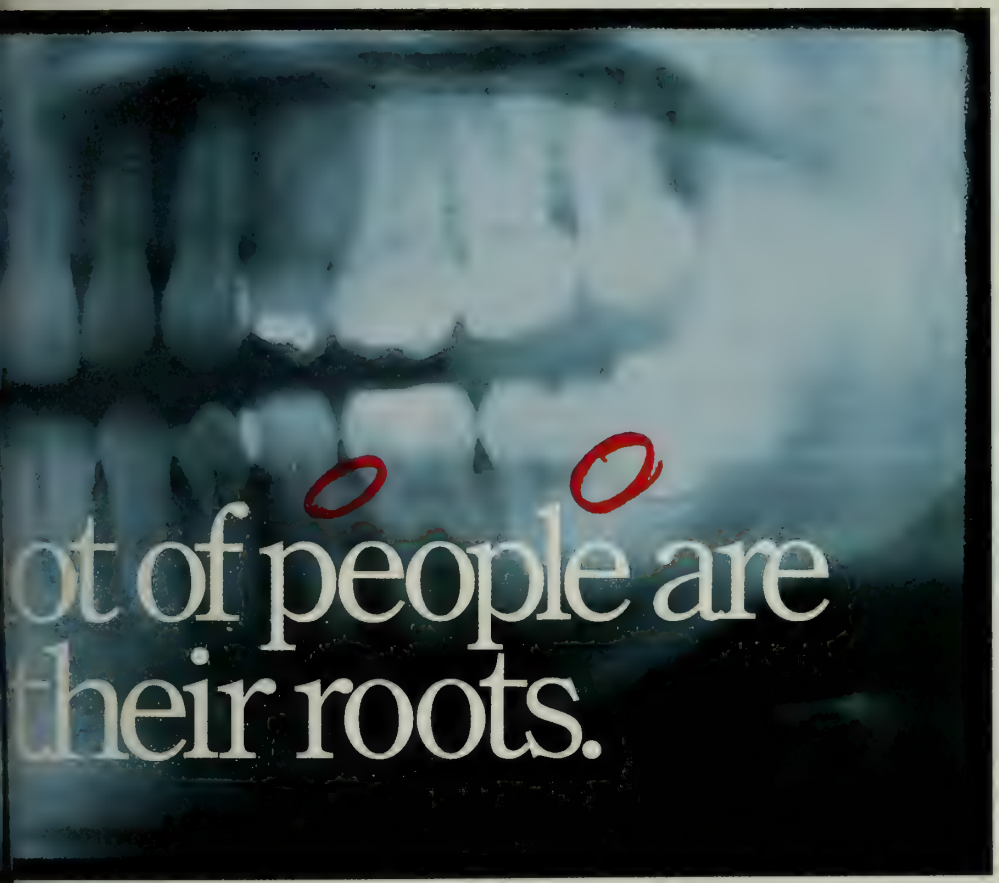
Pages 108–109: Even-weave fabric, "Christmas Plaid"—Charles Craft, Inc., Box 1049, Laurinburg, NC 28352. **Fabric**—Waverly Div. of F. Schumacher & Co., 79 Madison Ave., New York, NY 10016. 800/423-5881. **Crochet cotton,** "Cébélia"—DMC Corporation, 107 Trumbull St., Elizabeth NJ 07208. **Pages 110–111: Fabric,** "Mackinaw"—Waverly Div. of F. Schumacher & Co. (address above). **Pages 112–113: Embroidery floss**—DMC Corporation (address above). **Yarn,** "Kitten"—Reynolds Yarn, 15 Oser Ave., Hauppauge, NY 11788.

FABULOUS HOLIDAY FOOD

Page 114 (*top left*): Platter—A Crystal Country, Import Div. American Cut Crystal Corp., 1150 Broadway, Hewlett, NY 11557. (***Bottom left***): **Pie plate**—Schott-Zwiesel Glass Inc., 3 Odell Plaza, Yonkers, NY 10701. (***Bottom right***): **Punch glasses,** "Marda"—Svend Jensen of Denmark, Inc., 1010 Boston Post Rd., Rye, NY 10580. **Page 116 (*bottom*): Platter,** "Fiori Weiss"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010. (***Top***): **Platter,** "Monaco"—Sodahl America, Inc., 600 Cleveland St., Suite 990, Clearwater, FL 33515. **Page 117 (*bottom left*): Mugs**—Beucler, P.O. Box 2382, Santa Ana, CA 92707. **Stirrers**—Georges Briard Inc, 225 Fifth Ave., Suite 315, New York, NY 10010. (***Top left***): **Platter**—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. **Spatula**—Yamazaki Tableware, Inc., 41 Madison Ave., New York, NY 10010. (***Bottom right***): **Plate** "Disco"—Block China Corp., 11 E. 26th St., New York, NY 10010. (***Center***): **Pedestal plate, tree dish,** "Holly Ridge"—Colonial Candle, Box 670, Hyannis, MA 02601. **Page 118: Platter, gravy boat, plate,** 'Ravenswood"—Royal Doulton, 700 Cottontail Ln., Somerset, NJ 08873. **Carving fork**—Carvel Hall, Div. of Towle Silversmiths, 260 Merrimac St., Newburyport, MA 01950. **Basket**—Gump's, P.O. Box 7301, San Francisco, CA 94120. **Candle holders**—Colonial Candle (address above). **Page 119 (*top left*): Tureen, bowl, plate,** "Ravenswood"—Royal Doulton (address above). **Spoon**—Oneida Silversmiths, Oneida, NY 13421. (***Top right***): **Platter,** "Brigette"—Noritake, 1538 Merchandise Mart, Chicago, IL 60654. **Plates,** "Ravenswood"—Royal Doulton (address above). **Page 120: Plate, cup, saucer,** "Fiori Weiss"—Villeroy & Boch (address above). **Silverware,** "Ribbon Edge"—The Gorham Co., Div. of Textron, 333 Adelaide Ave., Providence, RI 02907. **Page 121 (*bottom right*): Glasses, pitcher**—Neiman Marcus, P.O. Box 2968, Dallas, TX 75221. **Stirrers**—Georges Briard Inc. (address above). (***Top left***): **Tureen, bowl, plate,** "Fiori Weiss"—Villeroy & Boch (address above). **Spoon,** "Ribbon Edge"—Gorham (address above).

PRIZE TESTED RECIPES®

Page 149 (*left*): Plate, "Holly Ridge"—Colonial Candle, Box 670, Hyannis, MA 02601. **Mug**—Fitz & Floyd, 1371 Round Table Dr., Dallas, TX 75247. (***Right***): **Casseroles**—Crate & Barrel, 850 N. Michigan Ave., Chicago, IL 60611. **Bowls,** "Wheat Stone"—Trend Pacific, 507 Towne Ave., Los Angeles, CA 90013. **Page 150 (*left*): Platter**—Anchor Hocking Glass Corp., Fifth & Pierce Sts., Lancaster, OH 43130. **Plates,** "Christianshavn Blue"—Dansk International Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549.



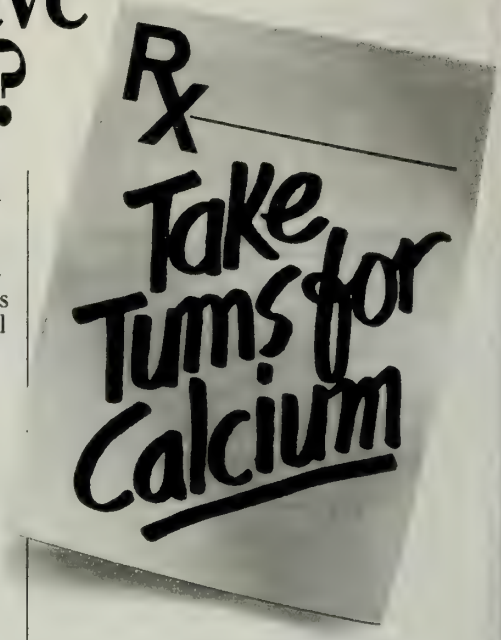
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Why are doctors recommending Tums to women who don't have heartburn?

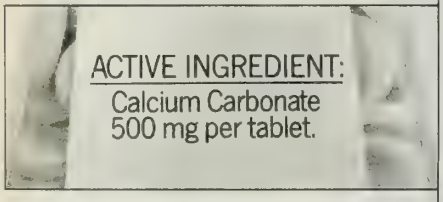


For one simple reason: Tums®—the very same Tums that is America's best-selling antacid tablet—also happens to be an unbeatable source of calcium. For women (and teenage girls!) who need extra calcium in their diets, there's no better source than Tums.

That's why thousands of doctors across the country are now recommending Tums to their patients over other, more expensive calcium supplements.

How can an antacid be a calcium supplement?

For over 50 years, Tums has been made from calcium carbonate. In other words, the calcium in Tums isn't an *extra* ingredient that's been added to the Tums formula...it's been there all along.



Besides being a fast-acting, effective acid neutralizer, calcium carbonate is also the purest, most easily absorbed form of calcium. It's by far the most preferred source of calcium for supplementation, and most leading calcium supplements are made from it.

What other antacid ingredients does Tums contain? None—just calcium carbonate.

So whether you need antacid relief or extra calcium—or *both*—you can take Tums with complete confidence.

Are all antacids rich in calcium?

No. Most other antacids contain *no* calcium. They're made with ingredients like aluminum and magnesium.

What makes Tums better than other calcium supplements?

Even though most calcium supplements contain calcium carbonate, this does not necessarily mean they are all the same. For example, laboratory tests* prove that Tums tablets are totally dissolved in less than half the time most leading calcium supplements take. And any doctor will tell you that unless calcium carbonate is completely dissolved before it leaves your stomach, it's not delivering the maximum calcium benefit to your body.

You'll also appreciate the fact that Tums tablets are less expensive than most calcium supplements—they're only about *half* the price of the largest selling brand. And good-tasting Tums tablets are chewable—they can be taken anytime, anywhere ...without water.

Should you take your calcium supplement with your meals?

Yes. Medical research has shown that the most beneficial way to supplement your diet with calcium is by spreading your recommended intake throughout the day...preferably with meals.

If you're like most women, you need an additional 400 to 600 milligrams of calcium daily. Since each Tums tablet provides 200 milligrams of calcium (300 milligrams with Tums E-X), Tums is ideal for this type of regimen.

Don't wait till you have heartburn to get the extra calcium you need. Ask your doctor about Tums for calcium.

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A recent study published in *American Pharmacy,* the journal of the American Pharmaceutical Association, reported on the dissolution rates of the leading calcium supplement products. While most of the major brands passed the test, only Tums tablets were completely dissolved at the end of the 30-minute test period. The other leading supplements were only partially dissolved...and many bargain brands hadn't even begun to break down.

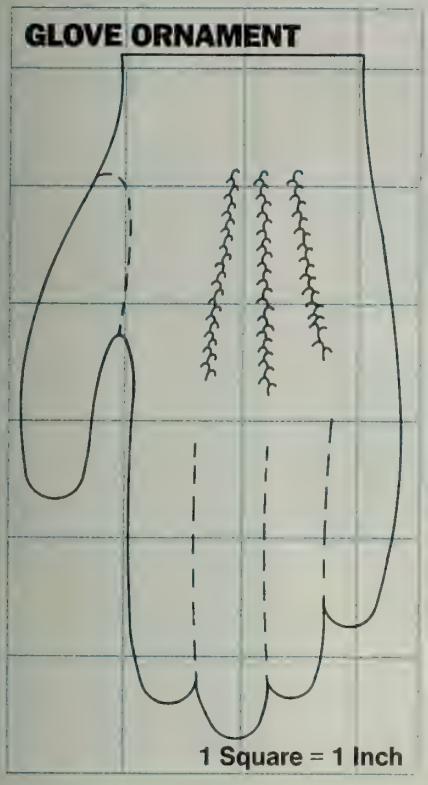
Product	*% Dissolved in 30 min.*
Tums®	*100*
Suplical™	*98*
Os-Cal® 500	*87*
Caltrate® 600	*69*

*For a copy of these test results send a stamped, self-addressed envelope to: TUMS, P.O. Box 3830, Dept. BH, Stamford, CT 06905.



Tums. More than just a great antacid.

continued from page 176



Make slightly smaller double bow with remaining picot-edged ribbon; tack on top of first bow.

Tack flowers over centers of bows. Trim ends of ribbon.

Fan hemmed edges of lace cuff to meet wrist in back; tack in place. Make loop for hanging from remaining satin ribbon; tack in place at center back.

Crazy-Quilt Hearts, page 110
Materials: Old crazy quilt cut into 7-in. square or fabric to assemble into square; scrap muslin; ½ yd. purchased cording; polyester fiberfill; water-erasable marker; paper.
Instructions: *Note:* Unless otherwise stated, use ½-in. seam allowances and sew with right sides together.

Cut paper into 5-in. square. Draw heart onto paper; cut out. Trace heart onto quilt pieces, adding seam allowances; repeat for muslin backing.

Baste cording to stitching line of heart. Sew backing to front, leaving opening for turning. Clip curves; turn to right side. Stuff with fiberfill; slipstitch opening closed.

Big and Little Sister Dolls, page 111
To order kit, see page 178.

Mitten Ornaments, page 110
To order kit, see page 178.
Materials: 1 square felt; scrap fusible interfacing; 5 in. ¾-in.-wide pregathered lace; green embroidery floss; scrap embroidery floss in light and dark colors related to felt; 3-in. hair clip; glue.
Instructions: *Note:* Each ornament consists of 4 felt pieces (1 pair of mittens) connected by a hair clip inserted into each finished mitten.

Cut felt into four 4×5-in. rectangles. Fuse interfacing to backs of 2 rectangles. These will become top mittens. Enlarge pattern on *page 185* to scale. Trace outline onto interfaced rectangles. Embroider half of top mittens. Leaves are stitched in lazy daisy stitch using green floss; flower centers are stitched in French knots using light floss; petals are stitched in bullion stitches using dark floss.

Cut lace in half; pin to wrong side of top mittens at wrist with lace extending to form cuff. See photograph on *page 110* for detail. Topstitch in place.

Pin remaining rectangles to wrong sides of interfaced rectangles. Sew along outline, leaving open at lace edge. Trim seam closely; trim lace.

Glue one inner edge of hair clip to one inner mitten; allow to dry. Repeat for remaining mitten.

Victorian Portraits, page 111
Materials: 9×12-in. piece off-white cotton velveteen; oil paints in the following colors: Prussian blue, burnt umber, raw umber, yellow ocher, black, white,

continued on page 185

Read how this Remarkable "Cold Hot" Therapy relieves pain for millions. In minutes.

Many people know that hot baths, heat lamps and electric pads provide fast, temporary relief from stiff, sore aching muscles and minor arthritis pain. What they *don't* know is that cold compresses and ice packs can also be extremely effective. In technical terms, "both heat and cold act selectively on free nerve endings in the tissue and on peripheral nerve fibers to increase the pain threshold."*

While Icy Hot is not a clinical substitute, it does offer its own unique type of cold and hot therapy. It is available as an easy-to-use cream in tubes and jars, as well as a no-mess stick.

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As you rub Icy Hot on, menthol, one of its two active ingredients, creates a soothing sensation of coolness that begins to bring relief. In minutes, Icy Hot's second pain fighting ingredient, methyl salicylate, goes to work. You experience a pleasant feeling of warmth from the increased flow of blood to the upper layers of your skin. This dual-action sensation of icy coolness, followed by one of penetrating warmth, is what relieves your pain. It's as simple as that.

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If you, or any member of your family is suffering the agonies of sore, aching muscles or minor arthritis joint pain, put a stop to it at once. Rub in Icy Hot. In less time than it takes to read this message, you will feel its active ingredients begin to bring comforting relief to the affected areas.

So for fast, temporary relief from joint and muscle pain, use Icy Hot, the dual-action pain reliever.

If you desire more information about the use of hot and cold therapies, please write The Arthritis Foundation at Box 19000, Atlanta, GA 30326.



Rubs on cool. Rubs in warm. Rubs out pain.

*U.S. PHARMACIST, January, 1987, p. 77

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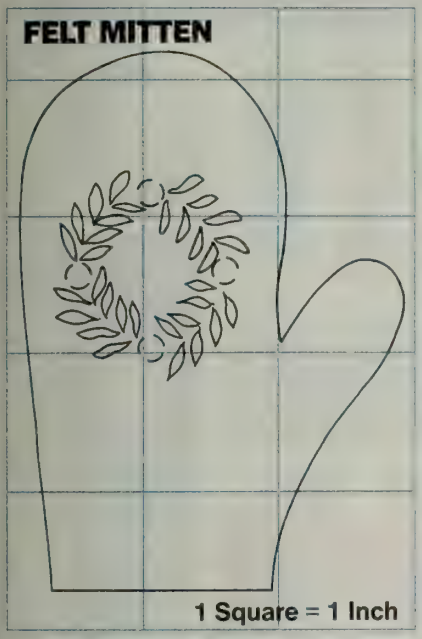
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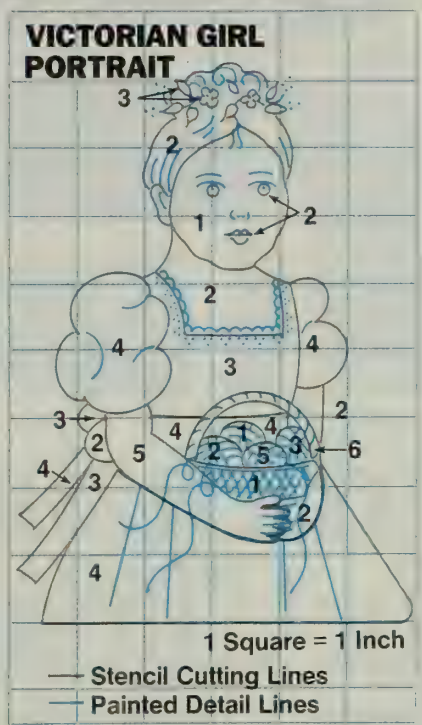


alizarin crimson, flesh, Indian yellow, Vandyke brown; oil and stencil brushes; 5 (6 for girl) 9×12-in. sheets stencil plastic; crafts knife; glass for cutting stencils; pins; 9×12-in. piece foam-core board or smooth cardboard; spray adhesive; paper palette or plate; turpentine; palette knife or crafts stick; masking tape; fine lead pencil.

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Instructions: Enlarge design (*above*) to scale. Tape stencil plastic over design and trace all No. 1 areas; draw dotted lines around other areas as placement guides. Remove and trace all No. 2 areas onto second piece stencil plastic.

Repeat for all areas. *Note:* Adjoining areas painted in same color are sometimes cut from different stencils to aid in shading. Tape stencil plastic to glass; cut out marked areas with knife.

Spray foam-core board with adhesive; carefully place velveteen on board and smooth into place. *Note:* Grain of fabric goes downward.

Mix colors on palette as follows: *skin:* white, flesh; *eyes:* gray; *cat:* white, black; *girl's lips:* crimson, white; *boy's lips:* white, flesh; *leaves:* green; *yarn:* Indian yellow, Prussian blue, raw umber; *boy's suit, girl's belt:* blue, raw umber; *hair:* yellow ocher (shade with burnt umber); *dress, eyebrows:* brown; *flowers, yarn balls, boy's tie:* crimson; *eyelashes:* black; *cheeks:* flesh (painted with dry brush).

Center stencil No. 1 over velveteen; pin in place. Lightly paint all No. 1 areas using downward or inward motion and colors listed above. Gently rub paint into velveteen with stencil brush, shading darker areas. See photograph on *page 111* for detail. *Note:* Practice painting, stenciling, and shading technique on scrap velveteen first.

Remove stencil No. 1; repeat technique with stencil No. 2, matching guidelines with painted areas. Continue with remaining stencils. *Note:* Folds in skirt are done by placing edge of stencil plastic strip on each fold and gently painting.

continued on page 187



Still in the dark about what to give for Christmas?

If you're looking for a great Christmas present, here are a few shining examples.

Eveready® flashlights.

They come in all sizes and shapes, for every imaginable use. Like warning flashers to keep in the car. Extra-bright halogen lanterns for camping trips. Powerful little Squeeze Lights for a key ring or purse. And dozens more.

Remember Eveready when you make out your Christmas list this year. And you'll get your shopping done in a flash.

EVEREADY®

continued from page 185

Paint all finish lines by hand using brush dipped in turpentine and dabbed into appropriate color to make thin mixture. *Note:* Finish lines are shown in blue on patterns on *page 185.* See photograph on *page* 111 for detail. Any areas that do not match can be filled carefully in by hand.

Allow painting to dry several days before framing.

Jingle-Bell Stocking, page 111
Materials: ⅜ yd. Victorian floral fabric; ⅜ yd. muslin; ½ yd. velvet; 1½ yd. narrow cording; ½ yd. ⅜-in. decorative cording; jingle bells; ⅜ yd. lightweight quilt batting; gold metallic thread.
Instructions: Assemble as for Serape Stocking on *page 48,* machine-quilting around design motifs with gold thread. Cover cording with velvet and pipe edges if desired. See photograph on *page 111* for detail. Substitute velvet cuff for fringed edge of serape. Trim with cording and bells as desired.

Gilded Walnuts, page 112
Materials: Walnuts; gold bell caps (available at crafts stores); gold metallic spray paint; glue or hot-glue gun; shallow box; florist's wire.
Instructions: Lay walnuts in shallow cardboard box; spray with paint and allow to dry. Roll walnuts to expose unpainted surfaces and respray. Continue rolling, spraying, drying until all sides of walnuts are coated.

Glue bell caps to one end of walnuts. Hang from tree with florist's wire.

Alphabet Tree Sampler, page 112
To order kit, see page 178.

Holly Appliqué Pillow, page 113
To order full-size pattern, see page 178.

Initial Pillow, page 113
To order cross-stitch alphabet book, see page 178.
Materials: 15×15-in. piece 14-count Charles Craft Christmas Plaid even-weave fabric; gold metallic thread; purchased initial pattern or letter from cross-stitched alphabet design book; embroidery hoop; tapestry needle.
Instructions: Mark center of letter pattern and center of fabric; begin stitching here. Cross-stitch initial onto fabric with single strand of metallic thread, working each stitch over 2 threads.

Block and press fabric. Cut desired backing fabric to same size. Finish into pillow as desired.

Victorian Pullover, page 113
Materials: Reynolds' Kitten: 10 (10, 12) balls No. 15 blue; size 7 knitting needles or size to reach gauge given below; size 5 and 10 knitting needles; seven ⅜-in.-diameter buttons.

continued on page 189



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continued from page 187

Instructions: *Note:* Directions are for size small; changes for sizes medium and large follow in parentheses. Finished bust = 33 (36, 39½) in.

Gauge: With size 7 needles over st st 9 sts = 2 in.; 6 rows = 1 in.

Back: With size 10 needles cast on 110 (119, 128) sts. Work in peplum pat st as follows: *Row 1* (wrong side): K 5, * p 1, k 8; rep from * to within last 6 sts, end p 1, k 5.

Row 2 (right side): Knit. Rep these 2 rows for peplum pat, working even until piece measures 5 in. ending with wrong-side row. Change to size 5 needles and work dec row as follows: P 1, * k 1, p 2 tog; rep from * across to last st, end k 1—74 (80, 86) sts.

Waist rib: Work in k 1, p 1 rib as established until waist rib measures 2 in., inc 1 st at end of last row for sizes small and medium and inc 3 sts evenly spaced across last row for size large—75 (81, 89) sts. Change to size 7 needles and st st, working even until length from end of ribbing measures 10 in.

Armhole shaping: Bind off 3 (3, 4) sts at beg of next 2 rows—69 (75, 81) sts. Work even 1 in., ending with wrong-side row.

Yoke pat: Row 1 (right side): K 3, * p 3, k 3; rep from * across.

Row 2: P 3, * k 3, p 3; rep from * across. Rep these 2 rows until length from beg of armhole shaping measures 8½ (9, 9) in.

Shoulder shaping: Bind off 7 (8, 9) sts at beg of next 6 rows. Sl rem 27 sts to holder for back of neck.

Front: Work as for back until length from beg of armhole shaping measures 3 in.

Placket opening: Keeping to rib pat as established, work across first 34 (37, 40) sts, join 2nd ball of yarn and bind off center st (1 st rem on right needle), work last 33 (36, 39) sts—34 (37, 40) sts each side.

Working both sides at once, work even in yoke rib pat until length from beg of armhole shaping measures 6 (6½, 6½) in. End with wrong-side row.

Neck shaping: Left neck edge: Work in pat across first 26 (29, 32) sts, sl last 8 sts of left neck edge to holder; right neck edge: work across first 8 sts of right neck edge and sl to holder, work across last 26 (29, 32) sts. Keeping to yoke rib pat, dec 1 st at each neck edge every other row 5 times—21 (24, 27) sts each shoulder. Work even until armhole measures same as back ending at armhole edge.

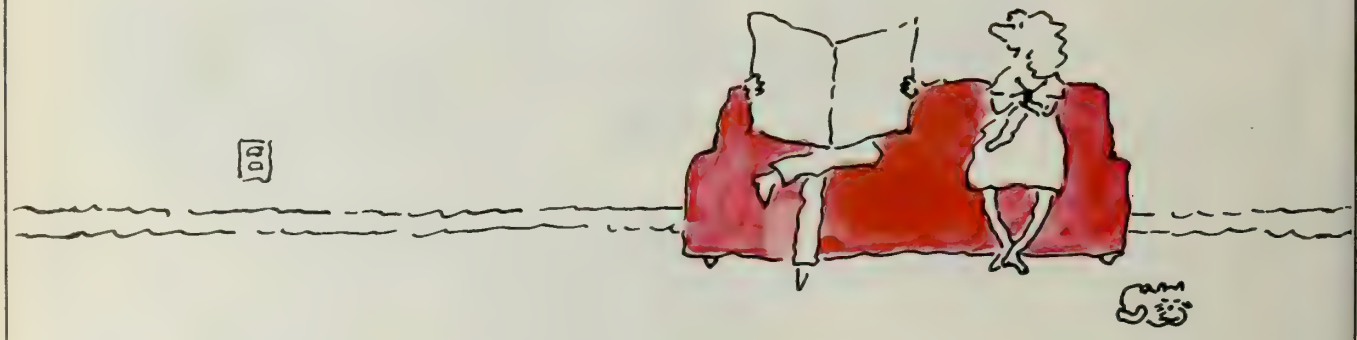
Shoulder shaping: Bind off 7 (8, 9) sts at armhole every other row 3 times.

Sleeves: With size 10 needles loosely cast on 56 sts. Work as for back peplum until length measures 2½ in. ending with wrong-side row. Change to size 5 needles and work dec row same as for back—38 sts.

continued on page 191

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continued from page 189

Work k 1, p 1 rib for 1 in. ending with wrong-side row. Change to size 7 needles and k across, inc 1 st in each st across row—76 sts. Work even in st st until length from beg of ribbing measures 17 (17½, 17½) in.

Top shaping: Bind off 3 (3, 4) sts at beg of next 2 rows—70 (70, 68) sts. Work even for 2 in. ending with a wrong-side row. Dec 1 st each end every 4th row 8 (9, 9) times—54 (52, 50) sts. Next row (right side): K 2 tog across—27 (26, 25) sts. Following row: P 2 tog across, ending sizes small and large with p 1—13 (13, 12) sts. Bind off rem sts.

Finishing: Sew shoulder seams. Set in sleeves. Sew side and sleeve seams. With right side facing and size 5 needles, sl sts of right front to right needles, pick up and k 1 st in each st and row around neck, including sts on holders—approximately 79 sts. Work k 1, p 1 rib for 1 in.; bind off loosely in ribbing.

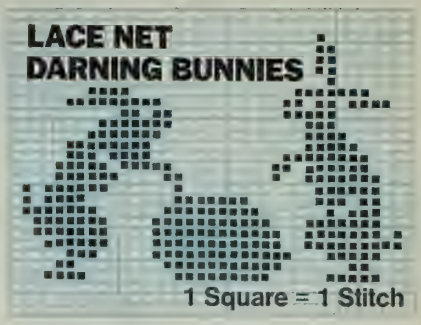
Collar: With size 10 needles, cast on 119 sts. Work even in peplum pat as for back peplum until length of collar measures 3 in. Bind off loosely, dec as for dec row just above peplum of back—80 sts. Sew collar to neckband having right side of collar to wrong side of neckband; this will put seam on outside but under fold of collar. Work 2 rows of single crochet along left placket edge. Sew on buttons, placing top button at upper edge of neckband rib; bottom button ½ in. above beg of placket; and rem 5 buttons spaced evenly bet. Work 2 rows sc along right placket edge, making ch-2 button loops opposite buttons. Weave elastic thread through several rows on inside of rib at waistline, wrist band, and neck band.

Lace-Net Darning Bunnies, page 113

Materials: White 10-ct. lace net darning band or 3-in.-wide strip white 10-ct. darning net to measure hem of dress; No. 8 white pearl cotton; tapestry needle; water-erasable marker; commercial dress pattern or purchased dress.

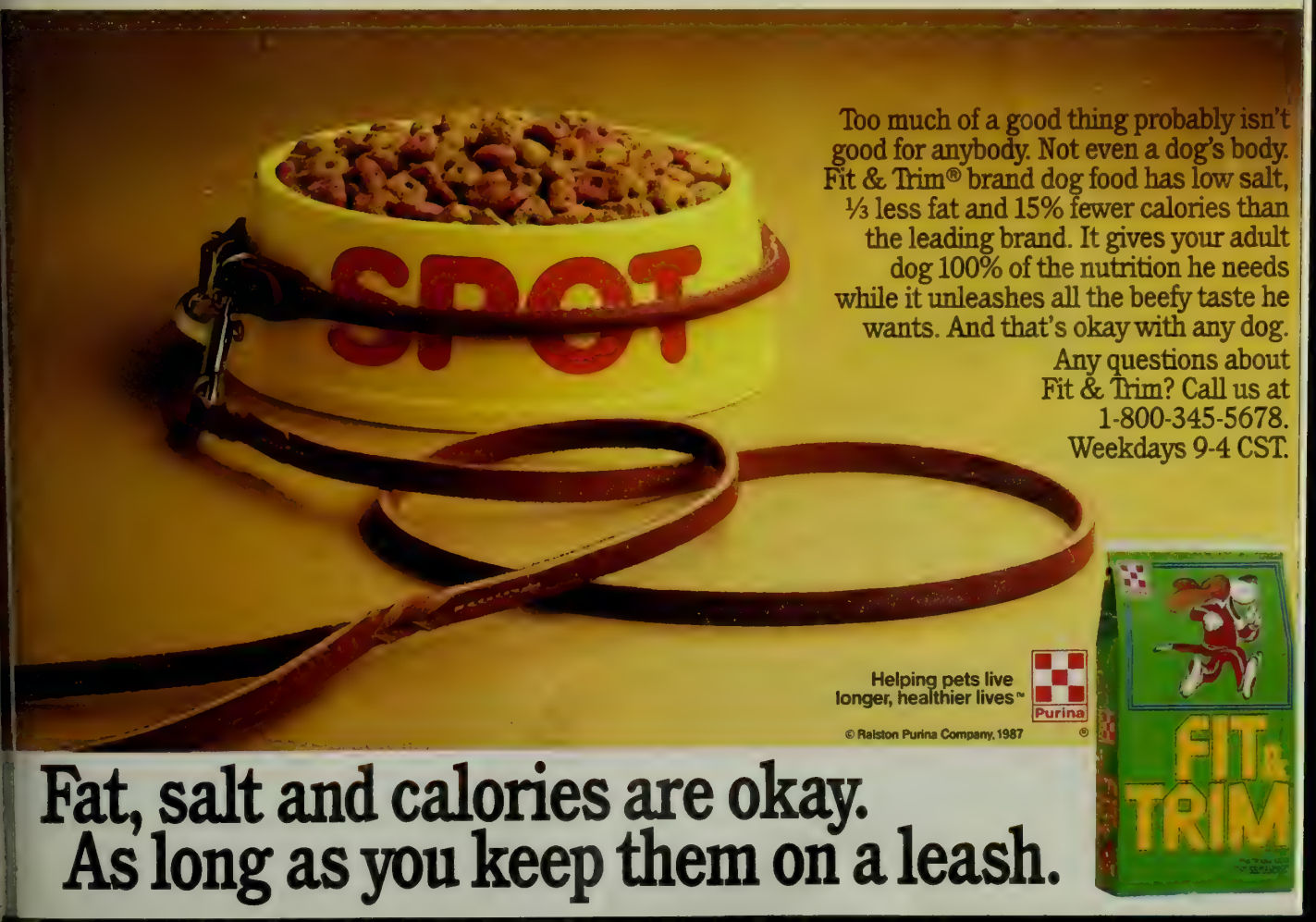
Instructions: Cut lace net band to fit bottom measurement of dress, plus 1¼ in. Mark center front of band; begin stitching center of first motif here.

To stitch design, thread needle with single strand pearl cotton. Fill in shaded areas of design by weaving needle and thread through appropriate squares 4 times. See photograph on *page 113* for detail. Weave loose ends to back to secure.



Darn additional motifs along remaining band, leaving 10 squares between each of the motifs. *Note:* Spacing between motifs may need to be altered to allow for varying lengths of band. Determine the number of motifs and spacing and make any changes before stitching second motif.

Mark lines 2¾ in. and 5¾ in. from hemline of skirt. Cut along marked lines and carefully remove fabric band. Trim net to fit cutaway portion of skirt. Baste finished net band to cutaway band of skirt, taking care not to catch darning; pipe edges if desired. Sew fabric band back into skirt using ¼-in. seam allowances. Sew raw ends of band into center back seam of skirt.



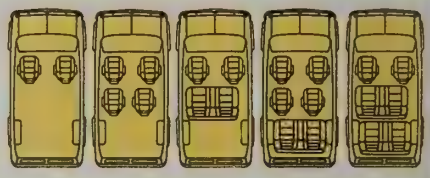
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WINTER CARNIVALS

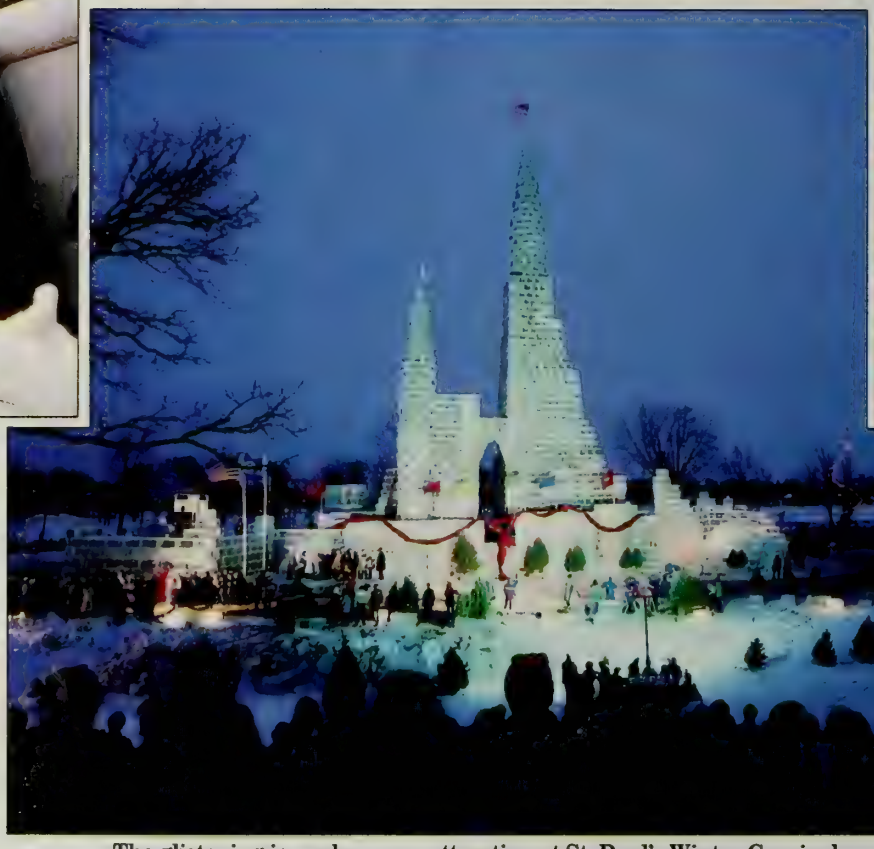
SNOWY CELEBRATIONS ❄ SUPER FAMILY FUN!

By George S. Bush



PERRY STRUSE

A junior pageant winner bundled up for the St. Paul Winter Carnival parade.



MINNESOTA OFFICE OF TOURISM

The glistening ice palace, one attraction at St. Paul's Winter Carnival.



Funny-faced clowns, always favorites of everyone at winter carnivals across the country.

When the wind "rosies" your nose and snow crunches underfoot, it's time to bundle up and celebrate the season. That's what folks do at winter carnivals in chilly climates across the U.S. and Canada. There's no finer way for your family to enjoy a great time together this winter!

ICING WINTER'S CAKE

At winter carnivals from northern California to Quebec, ice castles glitter with colored lights, and torchlight processions cast flickering reflections. Up and down parade routes, blaring brass bands warm the air.

Rousing festivities pack each day's program. Thrilling exhibitions range from ski jumping to skydiving and dog-sled racing. Particularly hardy souls even bare their goose bumps to dive into ice-cold lakes for exhilarating "polar-bear" swims.

Of course, your family can join in all sorts of fun goings-on, such as sack races on skis, sleigh rides, sledding and tobogganing, hot-air balloon flights, snow fights, and cross-country ski outings. Youngsters love all the bustling excitement and unusual sights, along with the wonderful clowns of every shape and description, and loads of special children's entertainment.

To keep your family's internal furnaces stoked, food booths brim with tasty ethnic fare and delicious local dishes. Chili cook-offs send up mouth-watering vapors that help ward off the winter's chill. Generally, the fun also continues indoors, with arts and crafts shows, folk dancing, concerts, and fancy dress-up balls.

PAGEANTRY PLUS

Though festivities vary somewhat from one carnival to the next, the basic ingredients are the same year after year: colorful pageantry and serious sports contests, interspersed with loony happenings, such as snow golf and broomball ice hockey.

Here's a look at the continent's two leading snow spectaculars. Check the listing that follows on *page 196* for more super winter celebrations.

continued on page 196

THIS SIDE OF THE FLOOR IS DRY.

When a lot of cleaners dry, you know it. They can leave your floor looking streaky and dull.

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ST. PAUL WINTER CARNIVAL

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PERRY STRUSE


GEORGE S. BUSH

Ice sculptures and blanket bouncing are part of the St. Paul Winter Carnival.

St. Paul's 102-year-old winter carnival (from January 27 to February 7 this winter) is our nation's oldest and largest. Nearly everybody gets caught up in the spirited festivities throughout the city.

The festival, which is at its best on the weekends, starts Friday with the crowning of Boreas, King of the Winds, followed by a giant parade Saturday. It ends with Boreas' rough-and-tumble demise on the final Saturday night. Troops of the wind king's arch-enemy, Vulcanus Rex, God of Fire, storm the ice palace, as barrages of rockets turn the sky into a pyrotechnic canopy.

Between key spectacles, you can choose among a wealth of activities. On an ice-covered lake, hot-air balloons drift skyward in the biggest winter race of its kind. This colorful show dazzles against snowy white horizons. On other lakes, speed skaters and snowmobilers vie for trophies. Elsewhere, there are cross-country ski races and a sleigh and cutter parade.

At a winter playground, kids can view huge ice and snow sculptures; ride on sleighs, ponies, and a fire truck; and ascend into the air in tethered hot-air balloons. Everything at the playground is free, as are most carnival offerings.

More information: ***Saint Paul Convention and Visitors Bureau, 600 North Central Life Tower, 445 Minnesota St., Dept. BHG, Saint Paul, MN 55101.***

CARNAVAL DE QUÉBEC

A super salute to winter from our neighbor up north


GEORGE S. BUSH


GEORGE S. BUSH

Parades and woodcutting competition in Quebec.

Few celebrations in our northern hemisphere equal this winter carnival's frenzy. The uninhibited 10-day fete always begins on the first Thursday in February (February 4 this winter) and reaches its wildest pitch on the celebration's last Saturday. Thousands jam streets outside Quebec's walled Old City to witness an impressive night parade: more than two hours of floodlighted floats, monster-masked marchers, and dozens of bands.

Then, the sky explodes with fireworks. Sparks rain down on the snow sculptures and ice palace of *Place Carnaval* by the Old City gate, as music booms for miles. Dancers seem to move as one.

For yet more excitement, there's an ice chute with family-size toboggans; numerous ice slides for toddlers; and the natural snow-cone tower called Sugarloaf at the foot of frozen Montmorency Falls, just beyond the city. The falls always attracts families equipped with rugs and saucers for sliding.

Come Sunday, everyone joins in the finale: demolishing the carnival's snow sculptures in an annual melee of harmless destruction. Also on that last Sunday, you can watch the carnival's most celebrated contest, a canoe race through ice floes on the St. Lawrence River.

More information: ***Le Carnaval de Québec, 290, rue Joly, Dept. BHG, Quebec City, Quebec G1L 4T8, Canada.***

MORE WINTER SPECTACULARS

Other great carnivals from coast to coast

CALIFORNIA

North Lake Tahoe-Truckee SNOWFEST — *March 4 through March 14.* High in the Sierra Nevada, festivities of this colorful carnival extend from Lake Tahoe's north and west shores to the town of Truckee. More than 700 skiers compete in an annual cross-country ski race, and the carnival includes some 100 other family events.

SNOWFEST, Box 7590, Dept. BHG, Tahoe City, CA 95730.

COLORADO

Aspen Winterskol *and* Steamboat Springs Winter Carnival— *January 13 through 17 and February 1 through 7, respectively.* Two famous ski towns stage big celebrations, with fireworks and ski races.

Aspen Resort Assoc., 303 E. Main St., Dept. BHG, Aspen, CO 81611; Steamboat Springs Resort Assoc., Box 774408, Dept. BHG, Steamboat Springs, CO 80477.

IDAHO

McCall Winter Carnival —*January 29 through February 7.* On frozen Payette Lake, this carnival includes ice sculptures, parades, and snowmobile races. It has become a major event while retaining its down-home flair.

McCall Area Chamber of Commerce, Box D, Dept. BHG, McCall, ID 83638 (Accommodations call: 208/634-7631).

continued on page 199



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As a parent, you want to know that you're doing everything you can to help your child when they're suffering from a cold.

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continued from page 196

MICHIGAN

Michigan Tech University Winter Carnival—*February 5 through February 7.* The snowy north woods on Lake Superior's shore provide the backdrop for this celebration, with a program that ranges from skydiving exhibitions to ice-sculpture contests.

Keewenaw Peninsula Chamber of Commerce, Box 336, Dept. BHG, Houghton, MI 49931.

MONTANA

Whitefish Winter Carnival—*February 5 through 7.* A torchlight parade, ski races, snow golf, and hot-air balloon rides take place at this ski town, near Glacier National Park.

Chamber of Commerce, Box 1120, Dept. BHG, Whitefish, MT 59937.

NEW YORK

Lake George Winter Carnival—*Held every weekend in February.* This beautiful northern lake's thick ice cover is the arena for all kinds of speedy contests, among them sports car and snowmobile races. For the adventurous, there's a polar bear swim (in icy lake water) and parasail rides.



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Chamber of Commerce, Box 272, Dept. BHG, Lake George, NY 12845.

Saranac Lake Winter Carnival—*February 10 through 14.* Deep in the scenic Adirondacks, this famous resort area's 91-year-old winter extravaganza features a grand parade, sports competitions, fireworks, and a massive ice palace. There's plenty of small-fry entertainment, too.

Winter Carnival Committee, 30 Main St., Dept. BHG, Saranac Lake, NY 12983.

PENNSYLVANIA

Pocono Winter Carnival—*February 27 through March 8.* Each of this region's numerous downhill ski areas holds its own festival events, which include downhill, cross-country, and snowmobile races, as well as special days for children.

Pocono Mountains Vacation Bureau, 1004 Main St., Box K, Dept BHG, Stroudsburg, PA 18360.

VERMONT

Brattleboro Winter Carnival —*February 13 through 20.* Small-town festivities with a distinct New England flavor mark this cold-weather celebration. Activities include a maple-sugar-on-snow party and sleigh rides.

Chamber of Commerce, 180 Main St., Dept. BHG, Brattleboro, VT 05301. BH&G

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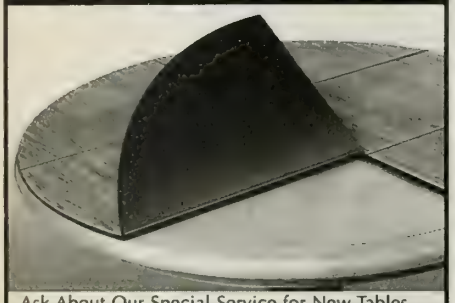
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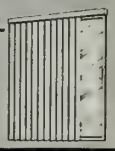
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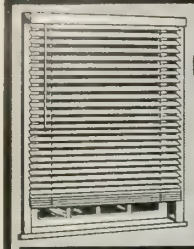
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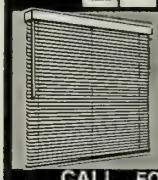
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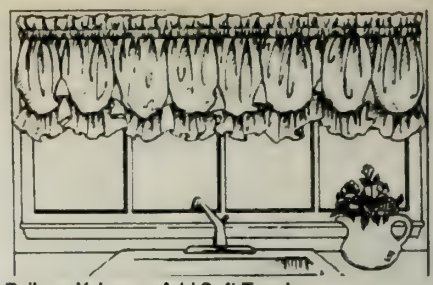
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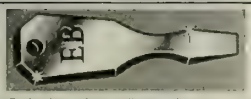
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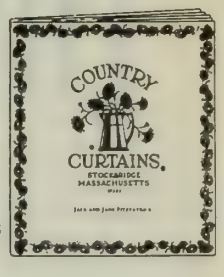
A real conversation piece for home or office! Just send in any black and white or color picture up to 8"x10" (no negs or c photos) or a 35mm color slide and have it enlarged into a giant black and white or full color poster. Comes in mailing tube—no creasing. Put name and address on back of original for safe return.
P2054 2ft.x3ft. B/W Poster . . . $7.99
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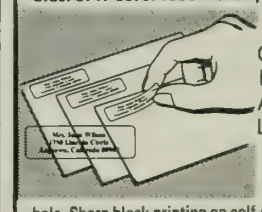
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CITY & STATE _____ ZIP _____
_____ S717 1000 Labels @ $1.49 $ _____
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Add 30¢ per set for shipping & handling $ _____
SATISFACTION GUARANTEED Total $ _____

THE MAN NEXT DOOR

I saw a charming sight the other day: A well-stocked bird feeder decorated with a miniature Christmas tree.

Ken Floyd says his attitude toward new snow depends on whether or not he's made lodge reservations for cross-country skiing.

A couple of years ago, Chris began giving a fancy calendar to a good friend at Christmas—but with a neat twist. Before wrapping the gift, she opens the calendar to each month and pencils in a lunch date for the two of them.

After a morning of caroling through the neighborhood, I've decided what to ask for this Christmas: singing lessons.

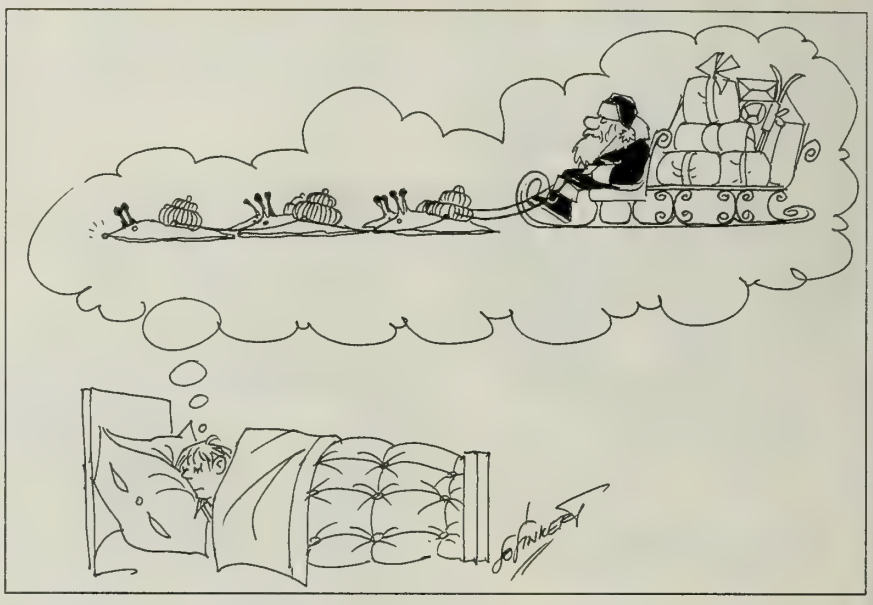
"The trouble with getting to work early," said my office friend, Bill Minchin, "is that there's no one there to appreciate it."

Aunt Alice says she could never give up life in a small town, "Where," she says, "my friends and relatives are the same people."

For decades, the keys to success were considered to be a college education and unlimited ambition, but Emily Weeks at the corner grocery thinks it may be time to add a winning state lottery ticket to the list.



"Aw, Mom, can't I stay up just one more month?"



Bill Norman, who admits that he's all thumbs, says he looks for a special sign before walking into any store to buy presents. "It's a sign that reads 'Free Gift Wrapping,'" he explains.

"Our weakness for temptation hasn't increased," the Rev. George Hall announced last Sunday, "but I think our ability to find it has."

Banker Helen Newsome told me she gave up on indoor tennis as soon as she realized there's no sun to get in your eyes and no wind to blow the ball out of bounds. "In other words," she explained, "no excuse for a lousy shot."

Coffee without caffeine and wine without alcohol are worthwhile developments, agrees Lee Bayless, but he thinks the world will really be getting somewhere when it has blueberry cheesecake without calories.

Burt, Jr., and I have taken it upon ourselves to clean out the garage once a month. What we've never been able to figure out is who clutters it up.

Dick Dresch says he isn't sure which part of the day is the most productive for him, but Dot claims it is "the last minute."

"Christmas is too commercialized for me," I overheard Bill Minchin say the other day. "Everywhere I turn, it's buy, buy, buy." His listener seemed to agree.

Yet, just today, I passed that old grump Ned Carter, dressed as Santa, clanging his brass bell outside the grocery store. Ned is the only person I know who can sound cranky saying "Merry Christmas," but that didn't stop the steady stream of coins from plinking into his collection pot.

Over at the Burger Hut, Dot Dresch was dropping three toys—all of them brand new—into a big box marked, "Toys for Tots." Our favorite program—Adopt a Family—is going strong, too. Like several hundred others in our town, Chris and I are donating the fixings for a holiday dinner to a family that's down on their luck.

And Elaine Cowen reports that a group of kids serenaded her mom with carols at the nursing home.

Now, I know that none of this activity is going to end poverty or make the world over. But it's wonderful to have a time of year when we are reminded of a simple truth: the love of one person—or one family—can put one more smile on the face of the earth.

Burton Hillis